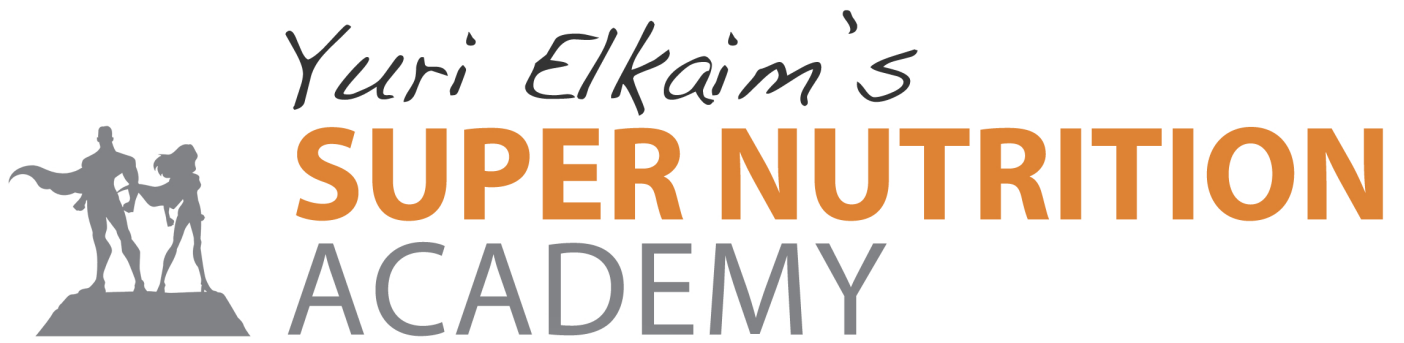




MODULE #11 - Lesson 2

Why People Don't Heal and How YOU Can

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Why People Don't Heal and How YOU can

Today we will cover: the mind-body connection, the question: Can water *hear* you? the placebo effect, the power of your thoughts, and how to heal yourself.

Let's talk about this mind-body connection. René Descartes philosophized about the separation of matter and mind with his theory of dualism back in the 17th century, since then traditional medicine has only been focused on matter. We can't see energy so energy medicine is kind of like woo-woo and so forth.

It's only what we can see empirically through scientific evidence. That's pretty much how our medical system works, and we know that the medical system is really not a health care system; it's a disease-care system.

But René Descartes saw the human body as a machine and the mind as something completely different. However, the findings of quantum physics reveal that the physical body, for instance, matter, is affected by the immaterial mind since the two are actually inseparable. Quantum physics has shown this, and we've seen this in a number of movies, like *The Secret* or *What the Bleep Do We Know!?* And we're just going to continue to see more and more.

Examples

Some examples of the mind-body connection. Cortisol is released during stress and it suppresses the immune cells' ability to activate telomerase the enzyme necessary to maintain the length of the telomeres on your chromosomes. This is a picture from a study that was done out of UCLA that looked specifically at this.

Here we see this connection between the brain, which really is what initiates the stress response, communicates with the adrenal glands to secrete cortisol. And then cortisol is directly impairing our immune system by literally shortening

our telomeres, and that's obviously going to shorten our lifespan, it's going to impoverish our ability to prevent disease and sickness.

Another example. Intestinal mucosal layers are infiltrated by what's called the myenteric plexus which is a network of nerve fibers and neuron cell bodies that are influenced by signaling from the brain. It's like this highway that connects the brain and the gut.

Because of this, it makes the gut vulnerable to stress. Demonstrating that stress induces changes in gastric secretion, so how much stomach acid's being produced; gut motility, so when you're stressed out the food in your stomach slows down. Mucosal permeability, so leaky gut and barrier function are all compromised. Visceral sensitivity, which is the sensitivity of the visceral organs; and mucosal blood flow, are all impacted. All of this is impacted by stress, by things that are happening in our head.

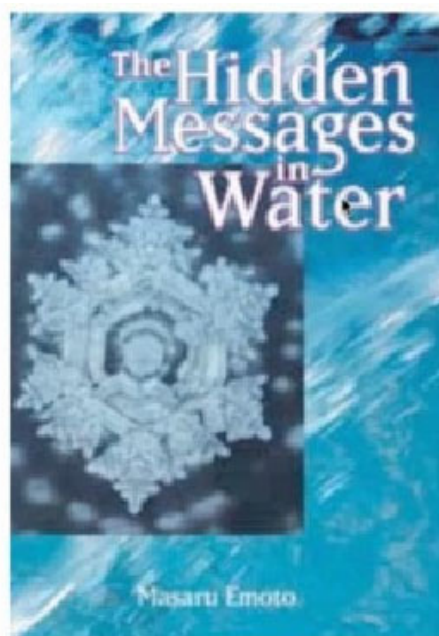
When you feel stressed out, how does your stomach feel? Do you get those butterflies and your stomach is turning? That's an indication that we have this huge connection between our mind and our gut, which is just an example of mind-body connection.

We Now Know That...

We now know that thoughts are energy. Energy can activate or inhibit a cell's proteins. Energy is more efficient than chemicals. Healing occurs on an energetic level, not through chemicals. That's why drugs and pharmaceuticals will never be more efficient and less harmful than healing through holistic means.

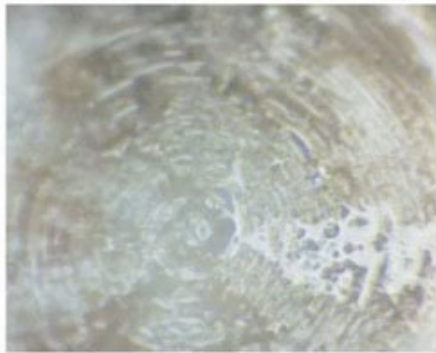
Hidden Messages in Water

There is an amazing book called *The Hidden Messages in Water*, by Dr. Masaru Emoto. He developed a technique using a very powerful microscope in a very cold room, along with some high-speed photography to photograph newly formed crystals of frozen water samples.

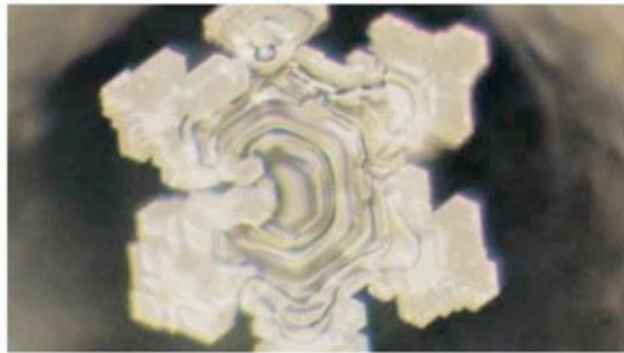


What he discovered was that crystals formed in frozen water revealed changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that's been exposed to loving words shows brilliant, complex, and colorful snowflake patterns.

In contrast, polluted water or water exposed to negative thoughts forms incomplete, asymmetrical patterns with dull colors. By talking to your water or by exposing it to cleaner environments or better sounds, you can change the molecular structure of the molecules. That sounds *crazy*, right? Let's have a look at some pictures.



Heavy metal music



Mozart

These are both water droplets frozen into crystals. The one on the left has been exposed to heavy metal music; the one on the right was listening to Mozart. You see a bit of a difference?



"you make me sick!"



"I love you"

The one on the left was told "You make me sick"; the one on the right was told "I love you." What we're seeing here is that our words have an impact on material things.

What's The Difference Between These 2 Pills?

What's the difference between these two pills? The pill on the left is an actual drug, and the pill on the right is a placebo. But how do you know? You don't and that's the whole purpose of doing double-blind placebo-controlled studies.



The Placebo Effect

What is the placebo effect? It is the beneficial effect that arises from a patient's expectations from a treatment rather than from the treatment itself. Let's say you have high blood pressure so you join a studies and you don't know you are in the group given sugar pills, you'll expect that pill is going to help you so you'll most likely show improvement and that is the placebo effect.

In recent decades, reports have confirmed the efficacy of various sham treatments in nearly all areas of medicine. Placebos have alleviated pain, depression, anxiety, Parkinson's disease, inflammatory disorders, and even cancer.

It kind of raises a debate in medical discussions. Is it ethical to give a patient a "sugar pill" if they have a disease? Would they be better off with a placebo versus some of the side effects that might occur, that might come about from some of these actual drugs?

There was a big meta-analysis done out of the *Journal of Psychosomatic Research*. They looked at 12 studies and they had just under 12 hundred participants total. They looked at the effects of placebo and the opioid antagonist naloxone on self report of pain.

An opioid antagonist is something that prevents your body from releasing its own endorphins. Theoretically, what should happen here is that when you take, for instance, naloxone, you should have more pain because your body is not able to produce its own endorphins to reduce the pain.

The findings show that placebo administration was associated with a *decrease* in self report of pain and a hidden or blind injection of naloxone reversed the placebo-induced analgesia.

We just said that an opioid antagonist *should* basically make you feel more pain because it blocks your body's natural endorphin release. However, with these subjects were given a placebo, in which case they *thought* they were actually getting a pain pill.

They thought they were given a pill to reduce pain; so as a result, they experienced a reduction in self-reported pain. However, when the actual drug was slipped into their bloodstream without them knowing it that reduction in pain was reversed. The brain this is a very vivid example of the placebo effect. This is probably one of the best examples because it's the complete opposite of what *should* happen with the drug.

These results illustrate that the belief and expectation of pain relief induces discreet physiological changes leading to relief from pain and this response may be mediated by endogenous opioids. Basically everything we just said.

What is it, why do we experience a placebo effect? First of all, we have classical conditioning. So if you give a dog sweetened water, and then you shock the dog every time it drank that water. Over time it starts to develop this conditioned response where it drinks the water with this sweetener and it gets a shock and it has this stress response.

Well, after you've conditioned the dog, later on you can literally just give the dog the sweetener by itself, and he will have the same response. In some cases, maybe, you could actually just give him the water, and the same thing would happen. This is classical conditioning.

For us, this is occurring at the brain level without really being conscious of it. Being in the doctor's office and receiving a pill is kind of a bit of classical conditioning based on the upbringing we've had and we kind of expect a certain outcome.

That leads to the second thing, which is expectation. Because we're being treated, we *expect* to get better. If you're hopeless, if you have a feeling of total disparate hopelessness and you're helpless, well then, nothing's going to help. What's the point of even going on? That's essentially kind of the mind-set of a hopeless type of outset.

Expectation basically means that you expect something to happen. In a lot of cases when you expect something positive to happen, or negative, it will happen. Again, this is the brain doing its thing. Because it's expecting something, it will manifest things in your body to happen.

Endogenous opiates. We saw that as a result of being part of a healing study, your body expects a certain response. That's why, if you take a pill, we've kind of made this association whereby we start producing these feel-good hormones and endorphins.

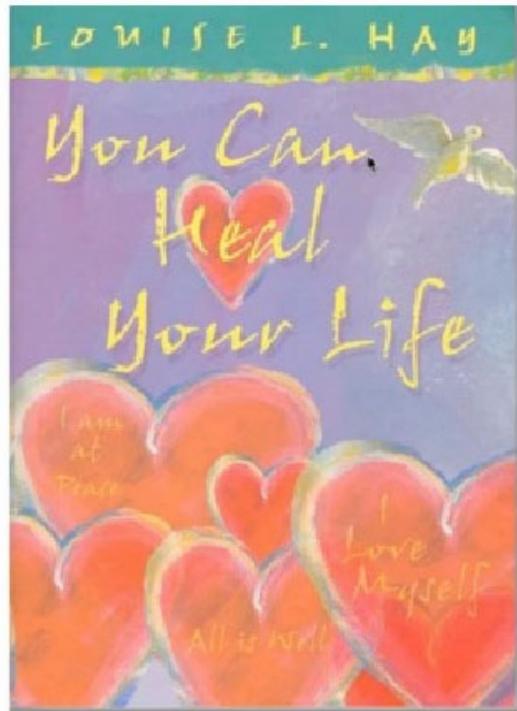
Those are the main things that account for the placebo effect. Traditionally, people thought the placebo effect only occurs in humans because we have a cognitive ability, but dogs have been shown to exhibit a placebo effect as well, and they've shown this more in the sense of human contact than a pure placebo effect, I guess.

In dogs human touch reduces heart rate, reduces blood pressure, you change all sorts of other physiological responses and improve them simply by touching, through human contact with the dog. It's fascinating.

So, when a dog goes to a vet to get a shot or treatment, you can improve its ability to recover simply by being very loving to the animal. I think intrinsically, we kind of know this. They've shown this now in dogs and in horses and maybe more and more animals will begin exhibiting other things as well.

Thinking Ourselves to Death?

Here's an amazing book called *You Can heal Your Life*, by Louise Hay. You have to be very open-minded to consider this stuff because if you're a very hard-core science person, this stuff is going to be just way over your head. Believe me; I am a science geek. I like to see the research, but I'm also open-minded, holistic and I believe that the integration of science and holistic approaches is the way to healing.



Are we thinking ourselves to death? Louise Hay, talks a lot about this. We know that what you think about and feel impacts you at the cellular level. We've seen this now with the telomeres and at the gut level and all that stuff, so we know that.

How about feelings of resentment, anger, guilt, fear, blame, regret, sadness, all those negative emotions, are all associated with cancer and other diseases. Louise Hay has worked with thousands people for decades. Obviously, you're not going to find this in the scientific literature, because how do you prove that? But when you start working with a lot of these energy healers and kind of metaphysics type of people, it's pretty amazing.

Disease is a physical manifestation of stuck emotion. If you're constipated, waste stays inside your body. With disease, we are emotionally constipated because we're not allowing the flow of energy and emotion to go through us. If you've got resentment against somebody for years and years what do you think is going to happen? Remember energy *will* affect matter and energy *will* literally turn into matter or change physical structures as a way of manifesting that kind of stuck energy.

According to Louise Hay all health problems stem from not loving yourself. I know this sounds weird and maybe tough to handle, but it's pretty powerful.

She also says that *we* are 100% responsible for *everything* in our lives. If you're healthy, sick, fat, thin, get by a car, whatever it is. It's the harsh truth but we create *everything*. You think certain things and by those thoughts, you attract certain people, certain events into your life. If you want to change that, you need to change your thoughts.

The Most Powerful Words in the English Language

The most powerful words in the English language are I love you. That's it. This is the formula to healing yourself; those three words right there.

It's All About Love

Love dissolves all pain. It will dissolve cancerous tumors. It's the ultimate healer. If you can express love to yourself, forgive yourself for whatever you think you've done wrong, and start to really appreciate who you are, I guarantee your life, your health, everything about you will change; it'll transform.

Thoughts and Disease

Problem	Thought Cause	New Thought Pattern
Acne	Not accepting the self. Dislike of the self.	<i>I am a Divine expression of life. I love and accept myself where I am right now.</i>
Candida	Feeling scattered. Lots of frustration and anger. Demanding and untrusting in relationships.	<i>I give myself permission to be all that I can be. I love and appreciate myself and others.</i>
Cancer	Deep hurt. Longstanding resentment. Deep secret or grief eating away at the self. "What's the use?"	<i>I lovingly forgive and release all of the past. I love and approve of myself.</i>
Cholesterol	Clogging the channels of joy. Fear of accepting joy.	<i>I choose to love life. My channels of joy are wide. It is safe to receive.</i>
Fatigue	Resistance, boredom. Lack of love for what one does.	<i>I am enthusiastic about life and filled with energy and enthusiasm.</i>
Hypothyroidism	Giving up. Feeling hopelessly stifled.	<i>I create a new life with new rules that totally support me.</i>

Hay, L. You Can Heal Your Life, 1999.

Here're some examples of diseases and conditions that are noted in Louise Hay's book. There are some thought causes and some new thought patterns that can help you get out of that. I tried to pick a couple of them that were probably more common, and, believe me, she lists, I don't know, there are probably about a hundred in the book.

The cool thing is that you can go through these different conditions and look at, *Here's the thought cause. Can this kind of relate to me?* And if so, then you may want to just kind of sit and think and do some introspection. I will give you some exercises at the end of this to help you get through some of that stuff.

Problem: acne. The thought cause is not accepting the self; dislike of the self, dislike of yourself. A new thought pattern to help you get over that through your thoughts is, *I am a divine expression of life. I love and accept myself where I am right now.* This would be like an affirmation that you would repeat several times a day every day until you really, firmly believe it.

Candida. Thought cause: feeling scattered, lots of frustration and anger, demanding and untrusting relationships. It's funny, when I first came across this a while ago, I was like, bang on; interesting. The new thought pattern or the affirmation to get over this—again, in *addition* to the nutrition stuff.

The power of our thoughts, it's tough to say how much more powerful it is in relation to nutrition or exercise, but it's the combination of everything. I believe that 80% of success is psychology. Imagine that everything we've talked in Super Nutrition Academy, all of that only accounts for 20% and these two lessons account for 80%. Imagine how powerful that is.

So, with Candida, the affirmation would be: *I give myself permission to be all that I can be. I love and appreciate myself and others.*

Cancer. Thought cause: deep hurt; longstanding resentment; deep secret or grief eating away at the self; or the belief or the constant telling yourself "What's the use?" The new thought pattern: *I lovingly forgive and release all of the past. I love and approve of myself.*

High cholesterol. Clogging the channels of joy; fear of accepting joy. Interesting, right? New thought pattern: *I choose to love life. My channels of joy are wide open. It is safe to receive.*

Fatigue. Thought cause: resistance; boredom; lack of love for what one does. New thought pattern affirmation: I'm enthusiastic about life and filled with energy and enthusiasm.

Hypothyroidism. Thought cause: giving up; feeling hopelessly stifled. New thought pattern: I create a life with new rules that totally support me.

I personally find the thought causes of these conditions very fascinating. If you can get your hands on this book go through the list again, there're about a hundred different conditions, look at the ones that affect you and look at the thought cause and I guarantee on some level, you'll be able to resonate with it. It's really profound.

What You Say Matters

What you say matters. You become what you think about most of the time. If you think about success and earning lots of money, you'll figure out ways to make that happen. If you constantly think you don't have enough money, well, that's also going to manifest itself. If you're constantly thinking happy thoughts, if you feel great about life, if you're just loving to all individuals, that's what you're going to experience in life.

Becoming more aware of your thoughts and feelings and choosing the right ones is key. You need to become more conscious and aware of what you're thinking so you can kind of observe it and say, "Hey is this supporting where I want to go, or is this holding me back?" If you can identify that, then you can change that thought immediately, because no one's forcing you to think something. Identify it, change the thought. Also, as Tony Robbins would say, emotion comes from motion. If you want to feel more upbeat, if you want to change the way you think, you need to change your state. You need to move around; you need to hold yourself tall. Breathe deeply.

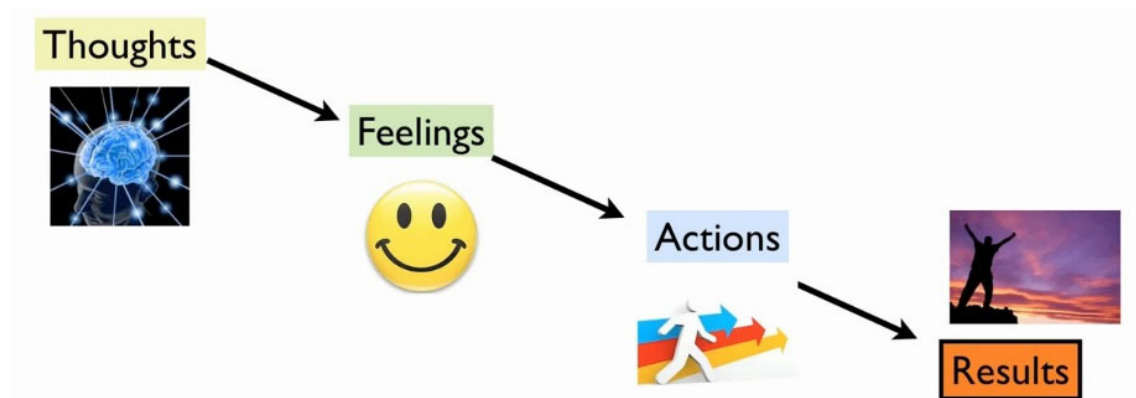
Visually think about how someone with depression holds themselves. Do you they stand up nice and tall, shoulders back, nice and proud? No, they're slumped forward, shoulders rounded forward, head down, breathing shallow. If you want to experience that feeling, just put your body in that position. But if you want to feel upbeat, confident, happy, stand up tall, shoulders back and down, a smile on your face, breathe deeply.

If you can combine your state with the language you're using internally and what you're focusing on, that is when things will start to dramatically change for you.

"When there's a problem there's not something to do necessarily, but there's something to know." This was a statement said by Dr. Raymond Charles Barker a doctor-healer in this field. It kind of goes back to this whole idea of awareness. If there's a problem, you're stuck somewhere. Are you holding on to resentment? Are you angry at somebody? Are you not loving yourself? It's about figuring that out, and then you can move forward from there.

Process of Manifestation

If we start off at the top left, thoughts lead to feelings, which lead to actions, which lead to results. If you think happy thoughts then, you're going to feel happy. If you feel happy, you're probably going to take more enthusiastic action, you're going to get stuff done, you're going to bounce around leading to great results.



However, if you think the complete opposite, you think, *Ugh, what's the point? Whatever I do, it doesn't make a difference anyways.* You're going to feel crappy. And if you feel pretty crappy, you're going to take crappy action or no action, and you're not going to get results.

Let's say the result is weight loss, what are the actions that you need to take? You need to work out, you need to eat well. Those are probably the two most important things. In order to take those actions, how much you be feeling? If you feel sad and depressed, are you going to want to go work out and eat well? Probably not.

You need to feel a sense of hope, inspiration, confidence, a feeling that what you're doing is going to make a difference. In order to feel good, hopeful, inspired to work out and eat well the thoughts in your head could be, *I know I can do this. If I set my mind to this, I can do this. I've done it before; I can do it again.*

By contrast, if you continue to tell yourself, *I'm never going to amount to anything. My parents think I'm a failure; I'm a failure. What's the point?* Can you see the difference here in terms of the energy with respect to those thoughts and how it's going to lead to different feelings and those actions and results?

Any time you want a specific result, work backward. If you want to make more money, if you want to be happier, if you want to lose weight, if you want to overcome disease, whatever it is, start with the result and work backward. What are the actions I need to take to achieve this? In order for me to take these actions, how must I be feeling? In order to feel this way, what must I be thinking?

What Shapes Our Thoughts?

Where do our thoughts come from? Here's what shapes our thoughts. Unfortunately, early conditioning from our parents, teachers, media, and life shapes our thoughts. Our thoughts are like files in a filing cabinet.

Any time we think something, it's in reference to what we have already stored in our database from when we were young and as we've kind of grown up. If your parents always told you, "no, don't do this; the world is dangerous. Don't take risks; play it safe," those are going to be your go-to thoughts on a regular basis. It's going to take a bit of time to become aware of those, but when you become aware of them, you can change them.

We're all fighting an uphill battle based on early conditioning, and that's why if you're a parent, how you raise your kids is very important. It's one of the most important things. Instead of wasting time in school with all these ridiculous curriculums, we should be teaching people how to raise kids or deal with their finances or their health.

Things like "You're not good enough," "You're stupid," "The world is dangerous; don't trust anyone," if your parents talked like that around the house or if you watch the news, what's the message in the news? The world is dangerous; don't open the door.

If you continue to watch the news day and night you are going to fill your filing cabinets with garbage, and that's going to directly impact how you feel on a daily basis. If you think the world is dangerous and you don't trust anyone, that's going to make you feel pretty closed off, pretty suspicious, paranoid maybe.

What kind of action are you going to take? Are you going to be really gung-ho to make things happen? Why would you, the world's a dangerous place. What's the point?

The Power of Now

The power of *now* is that all change begins now, in the present moment. Think about, *Okay, what is the thought I'm thinking right now? Do I want to continue thinking this?* Yes if it's a good one. If no, boom, *I'm going to change my state, I'm going to change my thought, I'm going to change my focus right now, and I'm going to change my future.* It's about becoming conscious of your thoughts and choosing differently if you need to.

Remember this: Who you become in the future is a direct result of your thoughts. 5 years from now, if you're healthier or if you're dead, it's going to be a direct result of the way you've been thinking up until that point. So, who you are, everything you have in your life, every circumstance you've experienced is a causal effect of your thoughts, because we are responsible for our lives, right?

So, you thought certain things over the last couple years or decades or days or months, and those have led you to feel certain things, take certain actions that have led to certain results. But also, through the law of attraction, which is simply one of the laws of the universe, like the law of gravity, what you think about expands.

If you've been thinking about negativity and bad things, those things have probably shown up in your life. If you want better things you need to start thinking better thoughts. If you love yourself, other people will love you as well. If you don't love yourself, other people are not going to show you much love either.

This can start right now. You can make a conscious decision right now to change what you focus on, how you speak to yourself, and to change what you're allowing to come into your head.

It's like with food. If you identify foods that are toxic to your body or that your body is sensitive to, you avoid those foods. It's the same thing with thoughts. If you identify the thoughts that make you feel like crap, then you need to remove those thoughts from entering your conscious mind.

Steps to Healing

Here are the steps to healing, and the good news is that it's very simple. First of all, you *must* stop criticizing yourself. This is something that I've had to work on tremendously and I continue to work on. I mentioned last lesson that when I was playing soccer in France and I'd keep my journal and criticize my performance. I was never good enough.

Criticism on any level needs to stop. You need to start acknowledging your success, kind of like doing that confidence-building exercise we looked at in the last lesson. You need to really start acknowledging your success, and that's going to be the key, so stop criticizing yourself, and just allow yourself to kind of, to be, just be.

Second is: Be willing to forgive yourself and others immediately. It's very important that you do both. I think. If you have issues with somebody, your parents, a friend, you need to forgive them because resentment is a poison. There is a saying: "Resentment is like drinking a poison and expecting somebody else to die." Resentment is very serious. You need to forgive other people, and you need to forgive yourself for whatever it is. If you haven't lived up to expectations of you, your parents, you need to let that go or it will take you down eventually.

And do the mirror exercise each day, morning and night. Here's what you do. You look in the mirror, you look into your eyes, and you say, "I love and accept you exactly as you are right now," and you repeat that. Day in and day out, when you're brushing your teeth, when you're washing your face, when you go to the bathroom.

Initially, this might be tough if you're harboring feelings of self-hatred or self-dislike or you don't feel comfortable with that. Believe me, this will change your life. Do this exercise daily and watch things start to transform for you. You will literally dissolve disease inside your body with time.

Assignment #1

I've got three assignments for you today. First, grab a pen and paper, and I want you to finish this statement "I should..." What should you do? I want you to write down about five or six different I should statements, then read each statement back to yourself aloud and ask why.

These assignments come from Louise Hay's book. They're great assignments. Let's say for example, "I should take out the trash." Okay, why? Why should I take out the trash? Because it will make Amy happy. Okay.

Next, you're going to reframe your answers in the following format: If I really wanted to, I could take out the trash. What this does is, it moves you from a position—*should* is kind of like you're compelled to do it, you have to do it; there's no choice. *Could means* you have choice. If I really wanted to, I *could* take out the trash.

Then ask yourself, *Why haven't you? Why haven't I? Why haven't I taken out the trash?*

Here is an example of something I battled two years ago. I had the goal of putting on 15 pounds of muscle. Here's the statement: I *should* put on 15 pounds of muscle. Why? Because maybe I think I'm too thin and I need to pack on some muscle.

Just that reason why there, maybe it's to feel more attractive to other people, I don't know, that reason why is a big one. Now I'm going to reframe the answer with the following format: If I really wanted to, I *could* pack on fifteen pounds of muscle. Then you would ask yourself, *Why haven't you?* So, why haven't I done that? Well, the reality is that I don't really care to pack on 15 pounds of muscle.

So, as soon as you have that epiphany, what ends up happening is that you're able to drop some of your shoulds from the list. What's cool about this is that you go through this four-step process, and by the end of having answered that "Why haven't you?" you automatically kind of laugh at it. You're like, "Because I don't even want to." Now it's right off your shoulds; it's gone.

I remember going to high school with a lot of kids, and they were like, “I’m going to become a doctor.” So, their I *should* might be: I should become a doctor. Why? “Because my parents want me to. Let’s say they have this internal struggle with it, and they reframe the question and said, “If I really wanted to, I *could* become a doctor,” and then they’d ask themselves, “Well, why haven’t I?” and maybe it’s because they don’t actually want to become a doctor or whatever the answer might be for them.

This is a really cool process to give you a reality check. It’s just going to bring the stuff to surface so you can start removing some of that gunk from your thought process.

Assignment #2

Assignment number two. What I want you to do is sit quietly with your eyes closed, and I want you to say, “The person I need to forgive is”, Name, “and I forgive you for...” Blank. Repeat this over and over for about five minutes. You can do this while you’re visualizing, mediation, whatever.

Then I want you to visualize the person saying, “Thank you. I set you free now.” because, essentially, you’re a hostage if you’re holding on to this resentment, so they are setting you free.

Finally, say out loud to yourself, “I forgive myself for...” whatever you need to forgive yourself for. If you can do this a couple times a week; it’s going to be amazing for you.

Assignment #3

Your third assignment is: The mirror exercise daily. There is no excuse for not doing this. If it’s uncomfortable, that’s okay. Get out of your comfort zone, and that’s how you’re going to grow. Look into the mirror, into your eyes, and tell yourself, “I love and accept you exactly as you are right now,” every single day, as often as you can.

Coming in Lesson 3

That is Lesson 2. That is how simple it is to heal what ails us. Remember this: It all comes back to love. You need to love yourself; that's really where it begins. If you love yourself, you will love other people, and when that happens miracles will start to appear for you. I promise you that.

In Lesson 3 we are switching gears from the mind to the physical brain, and we're going to talk about brain fortification. We'll be looking at preventing Alzheimer's and dementia. Really interesting stuff coming up, so do your assignments, share them in the comments, please, I really encourage you to do that. I look forward to seeing you in the next lesson.