

MIND MATTER

friday inspiration
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What you **THINK** is as important as **WHAT YOU EAT**



In the past, this was referred to as the “placebo effect,” and was written off as a fluke power of the mind that had to be counted for in double-blind studies. However, this inherent **mind-body connection** is proving to be the elephant in the room that had been ignored for centuries—and is now the latest frontier in modern medicine, showing us that health is far more complex than previously thought. While eating a healthy diet is still important, our health is far more dependent on our state of mental and emotional well-being, than previously thought.

In recent years, well-researched studies have come out showing a very direct link between our *emotions, beliefs, and thoughts,* and the health of our physical body, as well as measurable changes in our genetic code.

HOW TO THINK YOUR WAY TO better health

26 adults were taught a number of clinically-backed relaxation techniques.

Every single one of the study participants' DNA demonstrated significant, measurable changes in the genes that researchers had identified as being responsible for, or related to, metabolism, aging, insulin response and relaxation, among many others. The observed changes were found to be clearly indicative of a majorly reduced stress response and activation of telomere maintenance genes, meaning that the mantra, meditation and mindfulness practices actually caused observable, measurable changes in the body that ultimately led to alteration and repair of DNA.

Changes in the mental state of the participants produced very real and measurable changes in their physical bodies, all the way down to the genetic level.

Powerful Visualization and Meditation Technique

Dina had imbalances in her blood cholesterol levels, and for approx. 2 weeks she regularly practiced a 3-minute visualization. She stated, "I visualized the imaginary serum healing each blood cell it touched as it traveled throughout my body," Unsurprisingly, in lock step with the findings from the Benson-Henry Institute for Mind/Body Medicine research, the results of her next bloodwork panel post-visualization meditation practice showed a significant positive change: her serum cholesterol readings had miraculously dropped from 227 to 177, demonstrating once again the power of the mind-body connection: that regular, simple shifts in our thought processes, emotional state and behavior do have very real and measurable physical effects in the body.

Your mind controls your biology

That's what the placebo effect is about; the mind believes the pill will work and so it does," world-renowned stem cell biologist and epigenetics researcher and pioneer Bruce Lipton.

In the science of epigenetics, it's been found that it's the perception of your environment that controls your genes. You're not a victim of your genes because you're the one who can change your environment—or, more importantly, change your perception...The physical expression is the consequence of the mind's program—the program comes first, the physical expression second. The function of the mind is to create coherence between your beliefs and your reality.



1010 Kennedy Drive, Suite 401
Key West, FL 33040
305-296-5626

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