

The Placebo Effect -Cause and Effect -Mind over Matter

Rebecca Tkach HHP, CST, LMT,

The Placebo effect, what is it and how does it affects us? We have all heard of the placebo effect. This is where you have some people that are having a problem like a headache and you give some of them a drug that can help the symptoms and you give some of the people a sugar pill and tell them it is the drug that can help the symptoms. About 33% of the people given the sugar pill will have relief from the headache, why? Because they believe they have been given a drug that will treat the headache. So what they believe has a physiological effect on their bodies. Wow that is powerful.

We all produce neurotransmitters; one of them is called Nitric Oxide. This neurotransmitter only lasts for a fraction of a second; however in that brief time it connects the sympathetic nervous system with the parasympathetic nervous system. This lets our minds control systems and functions that would otherwise just work on automatic. A neurotransmitter could for instance be the key that allows someone with high blood pressure to lower it through meditation. Or the little boy that visualizes the softball size tumor in his head he named Planet Meatball and destroying it with an imaginary star fighter, with him as the pilot Luke Skywalker. It took him six months and the tumor was gone.

The placebo effect can work both ways. If a group of people were given a pill that they were told would give them a stomach ache or headache 33% would get the stomach ache or headache. What you believe can and does have a great impact on your physical and mental health. The news stations have not been reporting the news but creating it by sensationalizing the supposed flu problem. Every year in this country 20 to 30 thousand people die from the complications of the common flu.

If you listen to the trash the news is feeding us we were "oh so lucky!" to not get the pandemic they so dramatically promised. But wait there is more! Now we are going to get it in the fall. Do not allow yourself to be pushed into a place of fear. The last time the Swine Flu came to the US only one person died from the flu. 40 thousand were vaccinated of which dozens died from the vaccination and thousands were left with permanent neurological disorders. <http://kenthomeopathic.com/homeonet/index.php?topic=1057.0>

Remember the Law of Attraction. Almost everyone has now heard of it

from the Secret and many have embraced its truth though it is an integral part of the Hindu and Dowist philosophy and belief systems dating back thousands of years. The term and concept was first published by Helena Blavatsky in her book Isis Unveiled: Secrets of the Ancient Wisdom Traditions. Ernest Holmes founder of Church of Religious Science eloquently expounded on the concept. Then David Beckwith, with his background and training as a practitioner and member of the Church of Religious Science before he founded the Agape church, was pivotal in delivering the powerful message in the Secret.

What you believe and hold in your mind you will manifest in your life.

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