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— **BELLERUTH NAPARSTEK,**
author of *Invisible Heroes* and *Your Sixth Sense*

The Complete Handbook of

QUANTUM HEALING

An A–Z

Self-Healing Guide

for Over 100

Common Ailments



Deanna M. Minich, Ph.D., C.N.

Foreword by Cyndi Dale, author of *The Subtle Body*

Praise for *The Complete Handbook of Quantum Healing*

“A thoughtful, comprehensive synthesis of a multifaceted approach to healing. Consider this a practical and necessary extension of the work of Rosalyn Bruyere, Barbara Brennan, and Caroline Myss.”

—Belleruth Naparstek, LISW, creator of the Health Journeys guided imagery series and author of *Invisible Heroes: Survivors of Trauma and How They Heal* and *Your Sixth Sense*

“Dr. Minich’s book is one of the most important books you’ll ever read. More than just a ‘wellness book,’ *The Complete Handbook of Quantum Healing* describes how to apply the ancient wisdom of the energy centers called Chakras to everyday life in ways that can radically improve your health immediately. From the very start, she shows you how to achieve a whole new level of transformation physically, emotionally, and spiritually. You will marvel at how the small shifts and incremental changes she offers produce authentic health and healing. Dr. Minich is simply brilliant.”

—Dr. Sheila Dean, author of *Nutrition & Endurance: Where Do I Begin*

“[You will find] gems of information on every page for understanding your body and how to be an ally to its healing process.”

—Steve Sisgold, author of the bestselling book *What’s Your Body Telling You?*

“A much-needed guide for those wanting to take advantage of the best of what many different healing modalities have to offer. It is divided by ailments, which makes it incredibly practical and easy to use. It will save you having to read countless books since all the info is distilled and organized for you. But most of all, it will give you sound advice to take responsibility for your own health, and do it successfully. I recommend this book with enthusiasm and without reservation.”

—Alejandro Junger, MD, author of the bestselling book *Clean*

“If you want to take back the power to control your own health, then you’ll want *Quantum Healing* on your nightstand. With wisdom and intelligence, Deanna Minich shines the light on how we all have the ability to use our mind and spirit to heal our bodies.”

—Christine Arylo, cofounder of Inner Mean Girl Reform School

“Deanna Minich has done it again! She has managed to write yet another book that is not only an easy step-by-step guide to healing but spiritually practical, too. We all have health issues from time to time, and her approach is to look more deeply at the issue so that you go to the source rather than just treat the symptom. Deanna is a true wellspring of knowledge, and this book is truly a must have. Each of her books leaves me feeling like I have gone to a beautiful retreat to refresh my soul.”

—Anni Daulter, MSW, author of *Organically Raised: Conscious Cooking for Babies & Toddlers*

“This book is a wonderful integration of Eastern and Western healing disciplines. It is beautifully organized with tables, questionnaires, and diagrams to facilitate use by healers or those who need healing.”

—Scott Rigden, MD, author of *The Ultimate Metabolism Diet*

“Whether your need for healing relates to a physical condition such as cancer or an emotional one such as worrying, this handbook will give you an incredible seven-part approach to regaining the balance and health you want in your life. The explanations for everything have been made very accessible, easy to understand, and clear to implement. *The Complete Handbook of Quantum Healing* needs to be in every home and healing office for quick and easy access. It truly is an amazing body of work and we are fortunate to have it.”

—Krysta Gibson, publisher, *New Spirit Journal*

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Acknowledgments

Each of us is part of the immense, intricate web of existence. We are but a mere strand, and at the same time, we are the web. When you write a book, you weave together information that becomes part of a larger pattern. During the time I spent writing this book, I have been overcome with the realization of the profundity of my past and present interactions, and within my heart, I bow in humble gratitude to those who have contributed to the greater whole of who I have become; the essence I carry has been uncovered, unleashed, and cultivated by a multitude of individuals. I could never capture everyone in a few short paragraphs, but I'll make an attempt to acknowledge the individuals who have rippled my web or helped me to be the synthesizer of intuitive and scientific knowledge.

I dedicate this book to my brother, Ian, and to him I extend a bouquet of gratitude from the inner reaches of my heart. Ian was gifted in connecting with his intuition, his soul, and his deepest side, and because of him, I learned about authenticity and exploration. Now that he is in spirit form, I feel him gently guiding and helping me find the answers I seek.

Healing is definitely in my blood, and I acknowledge and respect its origins. These origins probably go way back, but I am most familiar with the compassionate healing and grace extended through the reach of my grandmother, Elizabeth, who taught me integrity and standing one's ground. My parents, John and Sharon, have been two beautiful mentors to me and have influenced my life path greatly. I am

blessed to have had their fire and air elements to bring my earthy self to life. I thank my sister, Brenda, for being the patient listener she is; she has become a force of great support for everyone in my family.

Aside from family, I thank the ripples of friends that I have met through the years—Laurie, Shonai, Ketan, Scott R., Ann, Annette, Andy, Peter, Tibor, Wieger (“Spider”), Soumya, Barbara, Brian, Nicole, Kenny, Barb S., Donna, Scott W., Epiphanio, Lyra, Kristi, Mink, Bob, Joe, Jeff B., and Jack, to name just a few. Thank you for sharing your hearts with me and letting me share my dreams with you.

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Thank you to the angels of the literary world—my agent, Krista Goering, who shines with brilliance and insight, and my editor, Caroline Pincus, who creates beauty and clarity within the expanse of text.

I thank my everyday, in-person teacher, Mark, for the lessons of love, balance, and support he graces me with during our time together.

And I give thanks to you, the reader, for choosing to heal, be open, and take the “high” road even when you may feel lost in the depths of confusion, pain, fear, or anger. Remember to call forth that spark within you which is good, true, and beautiful. It will light your way. Blessings!

Foreword

by Cyndi Dale

I remember the first time I was introduced to the concept of quanta. I was attending a healing workshop and practicing on another participant, analyzing each and every symptom to figure out the “one right” solution. I would will this person into wellness.

I must have looked like my youngest son does when figuring out a complex word problem, because the instructor had to stoop to peer into my eyes. “You’re working pretty hard,” he reflected. “I can almost see the steam coming out of your ears.”

I acknowledged the observation and asked if I should be doing more.

He laughed and replied. “Why not ‘go quantum’ instead?”

This interaction occurred twenty-five years ago, long before words like *quantum* and *holistic* and *healing* were in vogue. Back then, vitamins practically required a physician’s prescription and massage was reserved for the well-to-do in exclusive spas. Back then, to be told to “go quantum” was comparable to my kids asking me, a middle-aged woman, to break dance and merited two main reactions: “I don’t get it” and “It’s not happening.”

We’ve come a long way. Medicine has expanded beyond surgery, prescription drugs, and adhesive bandages. Now vitamins are only the first step, stepchildren to vibrational medicines and herbal supplements, and massage is available at your local mall. Once considered weird, terms like *chakras*, *energy medicine*, and *auric fields* are almost

normal table talk. But even today, many of us still wonder what it might mean to “go quantum,” especially in terms of our health.

Dr. Deanna Minich knows, and she’s told us in *The Complete Handbook of Quantum Healing*. In these pages, she’s bow-tied the keys to superpotent, quicksilver, quantum-sure healing, and she’s done it with elegance and ease. As an energy medicine practitioner, I believe her book provides one of the most thorough and fully comprehensible approaches that I have ever seen. It is clearly aimed at *helping you feel and get better*, which is the ultimate goal of healing. Are you searching for wellness? You’ve merely to look up your presenting problem and follow the yellow brick road on your way to the Emerald City of quantum healing.

Of course, there is work involved. Becoming healthier takes dedication and commitment. As trite as it sounds, you can’t walk without walking. Deanna, however, has discovered a way to help you secure Dorothy’s magic shoes without that tedious stopover at the Wicked Witch’s castle. That’s what going quantum is all about—less effort, better results.

Quanta are subatomic particles, the miniscule, fast-moving energies that create and sustain physical reality. They are the building blocks of the universe, as well as your own body. If you’re sick or unhappy, out-of-place quanta will leave you out of sorts. To feel better or become happier, you must shift these tiny mighty men into different positions, creating ease instead of dis-ease.

This quantum world is a strange one. If you were to spin into the quantum, you really would feel like Dorothy the farm girl dropping into the Land of Oz. Consider just three of the hundreds of quantum oddities. In the quantum world, the same particle dwells in at least two places at once—say, the future and the past (or Kansas and a dream). A particle—or an object or possibility—doesn’t exist until you perceive it. And the slightest bit of effort—the right effort—can get you further than huge amounts of work.

Let’s apply these three rules to healing and see what we come up with. First, quantum healing is holistic. By engaging all levels of your being, including body, mind, emotion, and spirit, you create exponential gains. It’s as if you reach into the past and start erasing the problem at its origin, or stretch into tomorrow and bring your future healed state into the present. Second, by perceiving the possibilities, they start to occur. Deanna’s processes help you unfold what

might happen so it *can* happen. Third, by rearranging the foundation, the rest of the house automatically reorganizes. Fix one issue in your body, and a lot of other problems start to go away, too.

What techniques are able to accomplish these feats? For each malady, Deanna outlines several different modalities, each of which produces quantum change. She understands that a headache can stem from a tight neck, but chronic episodes could involve an array of issues, including repressed feelings, off vibrations, dysfunctional beliefs, spiritual misperceptions, poor nourishment, or (sigh) the eating of too much chocolate or some other substance. She, therefore, presents several quantum tools to help heal each condition. These tools promote mind-body interaction, but it's important to note that their intention isn't to endorse mind *over* matter, which would be a little like bullying. Rather, her techniques encourage a true partnership between the mind *and* matter.

Primary is the use of chakras as gateways. Chakras are energy bodies that link the physical with the quantum world. I've written over ten books about chakras, recording the advantage of employing them as pathways to healing. Deanna condenses everything I've ever learned and adds to it, simplifying the data so that you can easily slip into your own ruby slippers and go quantum. Once there, you invite change through processes that include visualization, affirmation, emotional realness, and the use of flower essences and power animals. The latter opens natural forces that aid the body and soul.

Healing isn't only in your mind, however. As noted, it's a partnership between your essence and your body. Employing her vast knowledge of nutrition, Deanna suggests dietary changes that nourish the body while supporting quantum mechanisms of healing. (I'm sure there are several medicinal uses for chocolate spread throughout the book.) Unique to her approach is that her dietary guidance is chakra based. This means that each recommended supplement or food item nurtures the body, but also shifts the quantum foundation, stimulating even more healing. For instance, certain liquids or nutrients will open the chakra associated with a disease, calling forth healing quanta that will get you better faster.

This book is unparalleled. It's a must for anyone interested in feeling good, but also for anyone seeking to attain optimum health. I only wish I had known how to "go quantum" years ago. I would have been able to enjoy the Emerald City a lot longer and expanded my shoe

wardrobe way beyond red slippers. May Deanna's book skip you further along the yellow brick road than you ever dreamed possible.

Introduction

When you get sick, how do you get well? What is your process for healing yourself? Is your first inclination to get a drug prescription from your medical doctor? Or perhaps you take a couple days off work to rest? Do you rush to the library for books or jump on the computer, surf the Internet, and start reading everything you can to see how you can conquer this major inconvenience? Do you join support groups and start talking to everyone you know about the condition to see what you can learn?

For the most part, I have observed that many people view healing as a nuisance, an unnecessary bump in the schedule of all the other things that need to be done. As a result, they take an approach to healing that revolves around quickly ending the physical symptom in a calculated way. In fact, like many other aspects of our lives, such as eating, driving, or working, our process for healing can often be an automatic one—one that we haven't questioned because we've grown accustomed to a certain way of going about it. We may visit a medical professional, get a prescription for a pharmaceutical drug, and hope for the best. Sometimes this approach works perfectly, while other times it may not.

The approach to healing cultivated in the twentieth century has become outdated. It has clung to the ideas that disease meant that the body was under attack and defending the body with external substances like pharmaceutical drugs, vaccines, or other therapies

was the only way of becoming well. What we didn't realize until the twenty-first century was that this paradigm isn't all that effective. Rates of chronic conditions such as cardiovascular disease, diabetes, obesity, and mental illness continued to climb despite attempts to address these conditions with the "pill for an ill" mentality. Ironically, despite technological advances in medicine, we aren't making ourselves healthier. Probably the best we are doing is extending our disabilities into a greater part of our lifespan.

Something is going on beneath the surface. Where is (are) the blind spot(s)? Where haven't we looked just yet? The real question is, *how do we truly heal?*

What science is currently telling us is that the body doesn't work in such a simplistic fashion. Terms like *network medicine* are appearing in top-tier medical journals, diseases are being connected through clusters of genes, and common mechanisms are underlying seemingly disparate diseases. The complexity of the body is emerging. Rather than being a series of linear biochemical pathways, the body is now being viewed as an interrelated web of genes, proteins, pathways, and messengers. We now know that medicine doesn't work in silos. Rather, the once-separate systems of the body envisioned by allopathic medicine are now being lumped together, as they have been in traditional medicine like Ayurveda. Instead of the nervous system, the endocrine system, and the immune system operating as distinct entities, they are being referred to collectively, in some cases, as the "neuro-endocrine-immune system."

The physical layers of medicine are coalescing into a unified whole. Along the same lines, the connection between all the layers of a human being, including both the visible and nonvisible parts of the self in the healing process—the emotions, the mind, the spiritual aspects—is being increasingly recognized. When we have dis-ease or feel imbalanced in some way physically, the entirety of who we are is affected, in addition to our physical body. Therefore, by addressing illness through one approach alone, we may miss the complexity of what is confronting us. For example, it is not uncommon to get sick right after a stressful event. If, rather than just taking an antibiotic for the resulting infection, we also examined the thoughts and emotions we had leading up to the event, we might see that there were some changes of note.

Similarly, what are our thoughts, our emotions, and state of our spirit when we are ill? Do we harbor dismal thoughts of doom and gloom, resorting to the pull of negativity, or do we hoist ourselves out of the thick of the disease enough to get perspective on what the greater lesson is? What if we saw illness as a gift, something to sink into in order to reflect on deep levels? What if we danced with our symptoms rather than feared them? How would that change our healing process?

This book came into being when I saw that people needed more than one way to heal. We are complex, multidimensional beings who require complex, multidimensional solutions. In working with others and also in my own healing process, I noticed that not everyone responds to the same modality, and some may even require myriad approaches for different conditions at select time points. Some clients would need straight nutritional advice, while others would want to see me to talk about the events going on in their lives as those events related to their physical complaint. Both groups of clients had engaged the healing process in their own unique, valid ways.

This book provides a menu of options so you can experience quantum healing on all levels for something as small as a symptom or as chronically manifest as a disease. You will be presented with a number of options, ranging from nourishment (food and dietary supplements), emotional identification and release, replacing limiting beliefs and working with power animals and flower essences, along with ideas for visualization and meditation. The reason for these particular healing modalities is that they are aligned with the various facets of the human being: the physical body, emotions, thought patterns, voice, imagination, and interconnection.

Keep in mind that this book does not present to you a comprehensive list of all the healing therapies known for the conditions indicated. I have selected the modalities based on my personal and professional experience with them and their ability to resonate with the symbolism of the energy centers (chakras). You may find that you like one therapy more than the other, which is perfectly fine. Proceed with trying it out. During your healing journey, be sure to keep a journal so you can list any subtle and profound changes that occur for you. Your sense of awareness will heighten tremendously.

Sometimes it's best to stick with just one modality and take your time with it, like the slow-moving snail, experiencing the modality

to the fullest and diving deep within its confines. Other times, you may want to see what it would be like to dabble in a multitude of healing arts simultaneously (the grasshopper approach). I would encourage you to follow your intuition, or your inner voice. Listen to your body, emotions, mind, heart, and spirit as you embark upon this path. Work with a healthcare practitioner if you feel the need to have more guidance or if you want to share with another person on a confidential level.

Remember that physical changes or signs can be a ticket to go on an exquisite journey filled with learning, growth, and inner unfolding. I had a client tell me that “illness is the Western form of meditation.” Therefore, it is up to you to enjoy the process of healing and to use it as a means of discovery. Wherever you are along the healing spectrum, I know that within the pages of this book lie new paths to quantum healing that can be of special benefit to you.

Note to Readers

This book is intended as an introductory, informational guide to general healing techniques and is not meant to treat, diagnose, or prescribe. The tools described herein are not for the purpose of replacing standard-of-care treatment prescribed by healthcare professionals. For any medical condition or symptom, always consult with a qualified physician or appropriate healthcare professional. Neither the author nor the publisher accepts any responsibility for your health or how you choose to use the information contained in this book.

Part I

INTRODUCING
QUANTUM
HEALING



CHAPTER 1

What Is Quantum Healing?



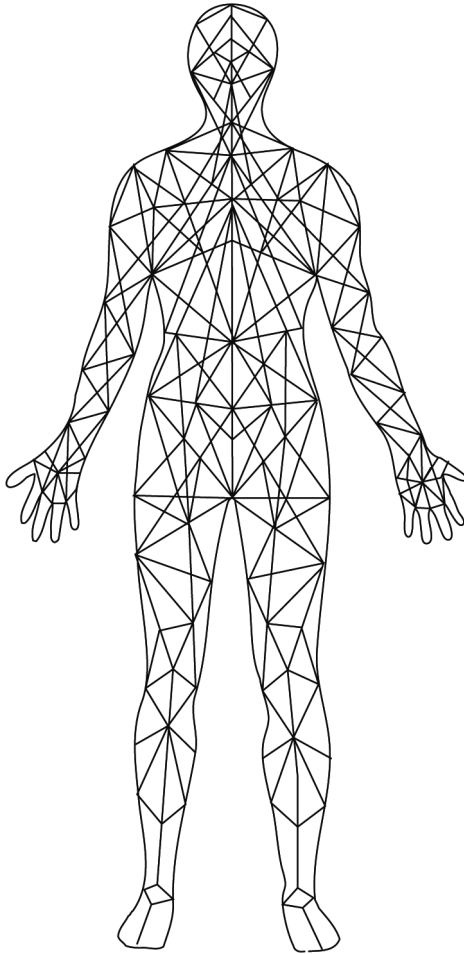
The very moment we make the choice to heal, the process is set in motion. At that point, we have many healing paths to choose from. Because of the complexity of who we are as people, sometimes it takes more than just one modality to engage the healing process. If we are trying to get to the heart of a particular issue in our lives, like combating stress or boosting our immunity, we can go at it by opening a variety of different doors—maybe by increasing physical exercise, journaling consistently, and repeating powerful affirmations daily. Or maybe just one way will work. The bottom line is that we have a multitude of options when it comes to healing, whether we're dealing with warts or arthritis, diabetes or cancer. At this point, we come to quantum healing.

Quantum is a word packed with meaning, particularly within physics: as a noun, it's the "smallest quantity of radiant energy," and as an adjective, it refers to a "sudden and significant" change. *Quantum healing is about making small changes that produce large, radiant results.* Those results may be subtle or huge, but they both give us a significant push in the direction of healing.

Quantum healing can start with something as minute as a thought, an act, a memory, an image. This seemingly small event creates a huge internal ripple effect. Take a positive thought—"I am loved." Thinking this thought can instantly change our brain chemistry. It could likely lead to changes in the flux of electrolytes (potassium, sodium) at the site of a nerve cell, stimulating the flow of serotonin

(a neurotransmitter that has mood-altering effects) between nerve cells. The subsequent release of serotonin in the brain may be amplified throughout the body by triggering a network of reactions. The thought set in motion a ripple of physiological responses.

Current science tells us that the body doesn't quite work like a biochemistry flow chart, going from A to B to C in a structured, linear fashion. Rather, the human body is an organic web that interconnects

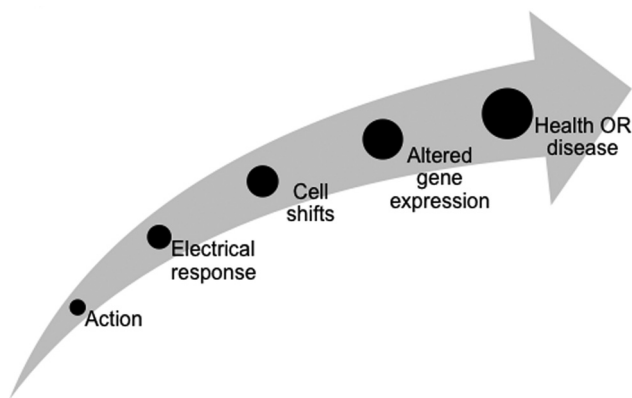


The interconnecting web within the body.

all organs and systems, so that with the flip of a serotonin switch, we see changes in other systems: heart (our heart relaxes), lungs (we breathe less shallowly), gut (we are able to digest food better), and immune system (our white blood cells respond).

When an electrical response is triggered in a part of the body, such as in the brain, the heart, or the gut, tiny cells move into action, usually starting with a change in the shape of the proteins in the cell membrane (which surrounds the cell like a wall, letting substances in and out). This change subsequently leads to proteins within the cell signaling a relay race of communication, and the message travels from protein to protein. Finally, the message makes it to the finish line, into the heart of the cell—the nucleus. The energy of this signal ultimately leads to proteins, which sit on the DNA bench, generating more proteins that will eventually be sent out of the cell and into the body at large.

Depending on the messages we feed our cells, those proteins are going to make us into glowing, radiant beings or inflamed, stressed individuals. At the end of the day, we will either have health or disease, depending on the cumulative balance of the actions taken. This internal flow of events is transformative. To think that every single thing you do is shifting you at the cellular level in the direction of your wellness or disability is utterly astounding! It speaks to the profound quote by nutrition pioneer, Adelle Davis, “As I see it, every day you do one of two things: build health or produce disease in yourself.”



The path to manifestation of health or disease.

Of course, most of us are plenty familiar with our physical bodies, and any biochemical or physiological explanations, like the inner cascade described above, can be rather easy to digest intellectually. However, we are so much *more than our physical bodies*. We are composed of a rainbow variety of layers, some which are not even visible to the human eye. And here is another aspect of healing that involves thinking along quantum lines.

The Body-Mind-Spirit Revolution

In the past three decades or so, people have been speaking and writing about the body-mind or body-mind-spirit, implying that (1) we are more than our bodies, and (2) the body, mind, and spirit of a person are unified. There are different schools of thought on this distinction between the layers of our being, but what they all agree on is that there is more than one layer. We are multidimensional beings that have built into us varying degrees of activity. It is almost as though we are a continuum of vibration. We are woven together with different frequencies that give us our collective energy field. When we affect the *mind* (a part of us that moves quickly), we change the *emotions* (which also move quickly, but perhaps not as fluidly as mental activity; in fact, some emotions can be quite “sticky” and hang around for extended periods), and we alter the *body* (probably the slowest in its ability to change).

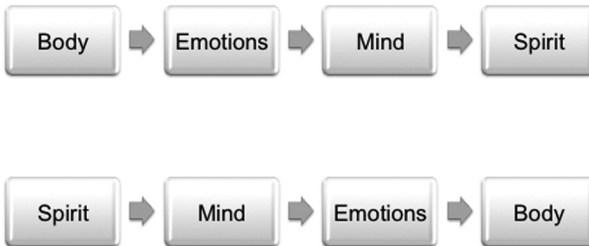
The systems that will be discussed in this book address the onion-like nature of our being, tapping into the body, mind, emotions, *and* spirit. Therefore, if they are practiced regularly, they are potent medicines for transforming your life and shifting your awareness.

These different ways to penetrate the heart of a disease—whether you are using colors, gems, or visualization—may not seem as foreign as they did decades ago. A survey indicates that almost 17 percent of American adults use body-mind therapies like deep breathing exercises, guided imagery, and yoga. These are most commonly used for anxiety, depression, and pain, and they are often used in conjunction with conventional medical care. Research has indicated that a majority of people (68 to 90 percent) perceive that body-mind therapies are helpful for specific conditions.

Some phenomenal results have arisen from these therapies. In a study by Annette L. Fitzpatrick and her colleagues at the University of Washington Department of Epidemiology, adults with the human



Our multi-dimensional being.



The interrelationship of body and spirit.

immunodeficiency virus (HIV-1) who used any body-mind therapy, whether psychological (support groups, individual therapy) or spiritual (prayer, meditation, affirmations, visualization), lived significantly longer (about 50 percent longer) than those who did not use these healing arts. In conjunction with prolonging life, body-mind therapies can improve the quality of life, as shown by a number of studies. People with mood disorders who followed an eight-week, audio-taped spirituality home-study program or participated in a mindfulness meditation-based stress-reduction group had improved mood (based on a mood questionnaire given at the beginning and end of study) compared with a control group given no intervention. (There was a 49 percent improvement in the mood score for the spirituality group, a 22 percent improvement for the meditation group, and a 16 percent improvement for the control group). In another study, individuals with severe psychological trauma, such as teenagers in Kosovo with high scores for post-traumatic stress disorder (PTSD), reduced their symptoms of PTSD by 20 percent after engaging in a twelve-week mind-body program encompassing techniques such as meditation, guided imagery, breathing, and self-expression through words, drawings, and movement. In contrast, the control group only experienced a 4 percent reduction in PTSD scores.

Body-mind techniques can also positively affect our physiology in measurable ways. They can lower blood pressure, reduce stress hormones, calm the immune system, and even improve blood sugar levels. Putting attention into deep breathing can cause the body to relax. Guided imagery can provide a visual template for the body to follow: if we imagine our immune system being strong, the body's defenses will respond.

Some studies show the synergy of body-mind techniques when they are used together. As an example, diabetics were followed up a month after participating in an eight-week mindfulness-based stress-reduction program that included such simple techniques as mental body scans, breathing awareness, and mindful walking and eating, but no changes to diet or exercise. Surprisingly, the participants had a beneficial drop in the important diabetic measure of long-term glucose control, glycosylated hemoglobin (also known as hemoglobin A1C). The levels averaged 7.50 at the start and 7.02 at the one-month follow-up. Participants' average arterial pressure was also reduced by six points. And if the physiological changes weren't enough, psy-

chological measures (depression, anxiety, and general psychological distress) were also reduced by 35 to 43 percent. These results indicate how closely intertwined the body and mind are. (To see a change in the body, make a change in the mind, and vice versa!)

In another study, people with breast or prostate cancer who followed an eight-week mind-body program consisting of relaxation, meditation, and yoga reduced their levels of the stress hormone (cortisol) and reduced blood pressure, along with experiencing less inflammatory immune system activity during their continued follow-up over six and twelve months.

It is not truly understood how these mind-body therapies work so effectively. But we do know that in response to mind-body therapies like guided imagery, prayer, breathing exercises, and yoga, the body becomes open to a ripple effect of relaxation: oxygen and carbon dioxide consumption plummet, along with blood pressure, heart, and respiration rates; additionally, there are activity changes in certain areas of the brain.

Aside from these large-scale physiological changes in the body with body-mind therapies, we may also be able to impact how our genes express themselves. A fascinating study, published in 2008 by Harvard Medical School researchers, showed that 2,209 genes in people who were used to doing mind-body techniques expressed differently when compared with the same genes of people who had never practiced any of these modalities. However, when the novices were trained to do a twenty-minute mind-body technique, consisting of deep breathing, meditation, body scans, mantras, and ignoring certain thoughts, at home for eight weeks, they were able to shift 1,561 genes in a more health-promoting direction (especially with respect to how the cells deal with stress responses and inflammation).

It's rather amazing to think that we can control our genes by aligning our bodies, emotions, and minds to all work in harmony, but it's true! The more "plastic and pliable" we can remain—in our thinking, actions, body, and spirit—the more successfully we will age and achieve not only health, but optimal wellness! Have no doubt about it. Quantum healing is real. And, through this book, it's in your hands.