
Module 15 – Pillar Seven: Mind Over Matter

Placebo Power



Here's my giant white placebo pill. Take one daily and you'll feel better about everything! Yes, it's a joke and laughter is the best medicine!

This week's Mind Over Matter strategy is relatively brief but far from simple. I consider it the foundation of good health.

Think That Whatever You Are Doing Is The Very Best Thing For You

How much something helps or hurts is largely dependent on our thoughts. In Modules 30 (*Theater of the Mind*) and 49 (*Negating the Nocebo*) I'll talk more about "overlaying" your rules and regulations with something more compatible to a healthier you. Right now, let just focus on what your thinking (and saying).

If you say something is going to work for you, chances are it will. Even better, is when you have the support of people around you who also say it will work. This can apply to your work, your relationships and your health.

Big Pharma Proves Placebos Work

The big drug companies are well aware of the power of the mind to influence your health.

For decades, the gold standard of medical research has been the double-blind, placebo-controlled clinical trial. One group of patients takes a medicine to be tested and another group is given a dummy pill. The doctors in charge of the study don't even know which one is the real deal.

Placebos are used to tell researchers whether a tested drug has any effect beyond a patient's belief that the pill is going to be beneficial.

Now, drug company researchers want a change in the rules. They are demanding that two different drugs be used in clinical trials to compare their effectiveness one against the other. It's because placebos often turn out to be as effective or more effective than the drug. It's true. Placebos can be effective up to 80% of the time and most drugs like antidepressants work only about 40% of the time.

Let me say that another way... 4 out of 5 times a patient's condition will improve simply because he or she thinks they are receiving an effective treatment. Now, that's pretty powerful! And that's what you can do by embracing your the placebo effect.

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Before We Get Carried Away

So, when a drug works only 40% of the time, that's half as effective as placebo. When the patient was given the actual drug, the benefits were less. That means the toxic pharmaceutical potion neutralizes the power of positive thinking.

Whether this is because some drugs interfere with people's moods and thought processes, or simply because the drug made them feel worse and thus triggered their mind to think negative thoughts about the treatment, I don't know. But obviously the drug affected the mind's ability to heal the body.

So, don't feel that simple positive thinking is all you need and go eat whatever you feel like, skip exercise, sleep erratically and otherwise ignore what I'm giving you here in *Future Health Now!* In the highest, most transcendent, mind-over-body sense, I'm sure that is true. But until we can levitate, I think we should follow, to the best of our ability, the laws of the physical plane (without obsessing about them).

Much of the benefit of avoiding an unhealthy lifestyle may not be so much from the direct effect it has on our bodies, but by the indirect effect that feeling bad or good has on our mind.

If you eat something you shouldn't and it makes you feel a little sluggish – your mind automatically kicks in with negative thoughts about how tired you feel. How our body feels affects our emotions and our emotions tend to lead our thoughts.

Take Control of Your Words

When I have a telephone consultation, I really, really listen to my clients and they usually come up with the reason why they have a problem in the words they speak.

If you say, "I can't stand that person" and your feet hurt – think about your words. If you say, "my brother is a pain in the neck" while you are rubbing your tight neck muscles – think about your words. If you say, "I'm always late" then you will be. If you say "I can't stomach what they did to me at work" then you're indigestion and heart burn can be a result of that situation.

Think about the words you use. They are the "tell." They tell you what you are experiencing and maybe suffering. Do you use certain phrases over and over that may be your clue to getting better. Speak your frustration out loud to someone else and get it "off your chest." Take control of your words before they take control of you.

Take Control of Your Health Thoughts

Whether you live a super healthy lifestyle or not, you need to take control of your thoughts.

Because, quite frankly, the physical plane is rarely set up to suit our idealistic desires for a perfect world. You may eat organic food, but can't control the air pollution you breathe in each day. You may ditch your cell phone but you can't knock down all the cell phone transmitters in your county. (Don't even try, it's too aggravating!) You may do everything right to get a good night sleep but have a little baby who wakes you up every thirty minutes. You may eat as healthy as you can but can't afford super foods.

But you can control your thoughts. You can allow your thoughts to dwell on what you can't do... or focus on what you're doing right. The more you think about the good things in your life and appreciate them, the more they will come to you. Just like a smile. Usually when you smile at someone else they smile back at you.

Take the Easy Route When You Can

If you can improve or correct something on the physical plane easily enough - do that. There's an old joke in India about a saint not walking on water because he felt it was easier to pay the boatman to take him across the river.

But when we are faced with physical limitations, lack of resources, lack of options... then you can turn to your mind. And even when you do have physical advantages, you can amplify those advantages, by positive thinking and gratitude for what you have. I'll go into this more in *The Law of Attraction* in Module 65.

Don't Make Bad Habits Worse

Then there are times when our bad habits just get in the way of us doing the best thing for us.

In such cases try to ignore the negative thoughts and dreary predictions that come to mind and affirm only the positive.

If your not eating the most nutrient dense food, just think, I'm chewing this food thoroughly and deriving the maximum number of nutrients. I'm enjoying it and thanking everyone and everything that brought this food to me. That approach offers you much more benefit than someone who rushes through a healthier meal. Whatever you are doing right, focus on that, give that more force with the power of your mind.

Maybe you can't sleep with the electricity off because you have an old fashioned fuse box... Don't lie there all night fretting about electrosmog. Think about what you are doing right. Are you sleeping in the dark or wearing a blindfold? Focus on that instead. Forget about the electricity. Put it out of your mind and it no longer becomes part of your reality. It's not in your universe. Relax and allow yourself to have a good night's sleep.

Life is Complicated Don't Make it More So

Trust that whatever circumstance you find yourself in is the best thing for you. Life is complicated and full of many variables. What may hurt you now is almost always of long term benefit to you. It's true. An infection now may build your immune system up so that it can fight a more serious threat later. A negative side effect today is a warning to get your act together to prevent a disaster tomorrow.

And, don't create problems for your mind to overcome. Life is good enough at coming up with problems for you. And don't use the placebo effect as an excuse to justify bad habits. But if you are going to indulge in something that is bad for you, then you might as well bring the placebo effect into play. Just be honest with yourself.

Sometimes Bad is Good

Once in a while doing something "bad" may also help strengthen your mind.

Now, I'm not suggesting you poison your body with excessive drinking or eating or anything extreme like that. But if you want to have a donut or ice cream, once and a while, go for it.

I'm sure there must be something of nutritional value in a donut. Just focus on that. Or focus on the delicious taste of the donut and the memories of when you ate them as a kid. Or focus on the people you are sharing the snack with. Or focus on what a great day it is.

Wherever life brings you and whatever situation you are faced with, accept it as being the best thing for you on a physical, mental or spiritual level.

The Best Path

Don't go off into extremes. Be balanced. Develop the power of the mind for far greater achievements than overcoming the results of physical neglect.

The best route is to do your best physically – follow those strategies in *Future Health Now!* that work for you – and also apply the placebo effect. The best health strategies in the world become a thousand fold more powerful when positive thinking backs them up.

When you embrace the power of positive thinking, you don't find yourself worrying about the little things: Whether you should be eating blueberries or goji berries, whether you should eat your eggs raw or cooked, whether you should be eating your tomatoes with the skin or without, whether you go to bed at 9:30pm or 10:00pm. The cares of life grow strangely dim!

And even if everything I've said in this strategy is dead wrong. Even if the placebo effect is not true. Even if positive thinking, right attitude, relaxing and allowing do nothing to improve your life... What choice do you have? You can either love or fear what life brings you and what actions you choose to take. At least you'll be happier if you are loving your life.

Until Next Week

Remember, if you don't think you can do EVERYTHING that I outline in the *Future Health Now!* modules, don't worry. I don't expect you to! Even if you just do 20% you'll probably see 80% of the results you are looking for.

This module has far-reaching implications. This week pay attention to the words you say. Really, really listen and see if they are propelling you toward or away from your goals. How you move through life is your choice, no one else's.

Coming Up In Module 16

Let's explore *Nuts and Seeds* in the next Vitalizing Foods module. I'll tell you why they're great for you and how to select and prepare them. Nuts and seeds are under-rated super foods full of protein, healthy fats and valuable minerals. If nuts and seeds usually give you gas – wait till next week where I'll show you how to make them easier to digest (and more tasty!).

If you have any questions about this module email me at help@drkarolyndean.com



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