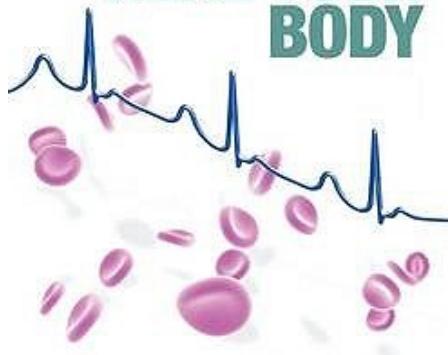


'David Hamilton is an expert on how our thoughts and minds can physically change our bodies.' *Daily Express*

HOW YOUR MIND CAN HEAL YOUR BODY



DAVID R. HAMILTON PhD

How Your Mind Can Heal Your Body

David Hamilton

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David Hamilton

How Your Mind Can Heal Your Body David Hamilton

Illustrating the power of positive thought, David R. Hamilton explains how thoughts and emotions can mould the structure of the brain and change our body at cellular level.

How Your Mind Can Heal Your Body Details

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From Reader Review How Your Mind Can Heal Your Body for online ebook

Cheryl says

Your stress, mental attitude, happiness, how you view illness, all this can shape your health outcome. This book shows you how to use positive thinking, meditation, and other avenues to help create a positive mental state conducive to a mind/body healing connection.

Thomas Strauch says

Time to Start Over

I always thought I knew something about life and healing until I read this book. I feel full of thanks to the author for all the wisdom, knowledge and love he has so adeptly infused into my mind through his masterpiece. Hate to think how ignorant I have been for so long but it is time to start over now that I have become enlightened. Thank you.

Michelle Keill says

An excellent, uplifting book that I'm sure will benefit anyone with a medical condition who is curious as to how they can help themselves using the 'power' of the mind. There is a lot of science in the first few chapters, but it is interesting, relevant, and accessible. The true stories and testimonies are hugely encouraging and the visualisations at the end of the book cover just about every illness/disease, including some we don't generally view as cureable. Like Hamilton says, you have to think some thoughts why you're ill, so why not make them positive ones? And this book explains brilliantly the benefits of doing just that.

Tracy Pound says

A more scientific look at the power of the mind and its' effect on the body than some I've read. Very down to earth approach to visualisation with examples to follow and testimonials from people who've tried the techniques. Highly enjoyable.

Simon Harvey says

Great read with some healing meditations you can try. Offering a lot of substance to the reader this book is a must if you have ever considered the reality of meditation for healing. Yes Science says it works and it's FREE. Well the meditation at least. You still have to get the book.

Alyson says

An easy to read book, although there are sections of scientific explanations, with amazing stories of self-healing and also many research reports with, frankly, incredible results. Made me wonder why doctors and the media aren't all prescribing/going on about the power of the mind. Chapters also on positive thinking, power of love, and also the benefits of meditation. Despite agreeing that the mind is an amazing organ that we don't understand though, and believing to some extent the true stories in the book, I remain a teeny tiny bit sceptical about healing one's body just through the mind. I'm sure it can work, and I'm going to put some of it in action on myself.

Khaled says

It is based on studies and polls from different universities to prove that the mind can heal the body. It shows that your body has a cure for all diseases, you only need to know how to release your natural medicine from your own body. I also highly recommend all medical students to read this book before they graduate. They need to know that the human body is not a place for troubleshooting. They need to understand this book in order to not become butchers.

Dawn says

This book is completely accessible. I really found the visualizations quite interesting, easy and time effective to do. I will definitely be trying these.

Dawn says

This book bombs you with research in the early chapters. Initially annoying but with so much evidence it leads you nicely into the science of how the mind and body are one connected unit. I found the science very clear and easy to understand and well targeted to match the research. Definitely recommended read.

Khuram Malik says

This is one book that I have read in very few sittings.

It's a very easy read, and gets to the core of the argument very quickly which I really liked about this book.

Dr Hamilton presents the idea that the "placebo" effect is real, and cites many real cases where it has had a real result. He then goes on to show, how you can create for yourself the placebo effect on a daily basis to experience healing.

I have been trying some of the techniques for myself, since they are very easy to follow, and thought I can't

say i've experienced any real healing as yet, strangely i feel optimistic that i could yield a real result. Here's to hoping

Natalie Korda says

Lots of stories to tell you how people have used their head to heal themselves, from illness (physically and mentally) and injury. The book focuses on the way that placebos have been used in various studies, where people have felt better by just thinking that the medications should work in a certain way. The book is a bit lacking in ways to incorporate the practices into your own life, but it does provide some resources to help you investigate further.

Danijel Brestovac says

Kako um zdravi telo

str. 6- sijajne stvari so dosegle le tisti, ki so si drznili verjeti, da nekaj v njih presega okoliš?ine ~ Bruce Barton.

Str. 33- zunanje življenske okoliš?ine so vselej odsev notranjih prepri?anj ~ James Allen.

Str. 34- ko nekaj verjamete, vaši možgani proizvedejo kemi?ne snovi in delujejo tako, da uresni?ijo tisto, kar verjamete, da se bo zgodilo. Kemi?ne snovi nastajajo zaradi umskega stanja.

Str. 40- od vas pa je odvisno, kaj verjamete. Mo? je v vas.

Str. 57- um z vizualizacijo neposredno spreminja snov.

Str. 61- ?loveško telo je živ ?udež, ki ima osupljivo no? zdravljenja in regeneriranja, na kar vplivamo s svojim umom.

Str. 88-89- placebne študije kažejo, da je, ko jemljemo zdravilo ali placebo, pravzaprav najpomembnejše tisto, kar mislimo. Zdravljenje se za?ne z nami. Um lahko spremeni neaktivno zdravilo v aktivno ali pa dobro zdravilo v inertno.

Str. 99- spoznali smo, da um neprestano vpliva na telo in vizualizacije je u?inkovita pot, saj z njo pridano smer in namen.

Str. 180- ko doživljamo ljubezen, doživljamo tudi zdravljenje uma, ?ustev in telesa.

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Prisr?en pozdrav

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## **Iona Stewart says**

This is a valuable, practical book, especially for those with health problems, obviously.

The author cites statistics and scientific facts to show us, and convince us of, the power of positive thinking and of the placebo.

Visualization causes real chemical and structural changes in the brain. Mind changes matter. Psychotherapy also results in detectable changes in the brain.

Neurogenesis (formation of new neurons in the brain) occurs right up to the final days of our life, no matter our age. Learning a new language as an adult, learning to play a musical instrument, learning new dances or playing board games all develop the brain.

Thoughts produce chemicals in the brain. When we repeat a thought several times, an additional chemical (protein) is stimulated and makes its way to the centre of the neuron where it finds DNA. It here activates several genes of DNA which make the substances that produce new branches between the neurons. Thus, repeating a thought produces new connections between neurons. Genes are activated by a state of mind within minutes. It is this process that can lead to “miraculous” healings.

Not only does our mind affect our brain, but it affects our body at the cellular level. The author explains in detail how this happens.

When genes switch on, proteins are made to be used in the construction of new cells, skin, tendon, blood or bone.

The mind influences the growth of stem cells, which are cells that morph into any type of cells. A stem cell could become a bone cell, an immune cell, or whatever. As genes are activated, the stem cells grow into the cells they are required to become.

The mind can either encourage stem cells to morph into new cells or it can interfere with the process. If a person visualizes the healing of a damaged part of their body, they will be having an effect upon the morphing of stem cells into the required cell types for healing.

Seemingly miraculous healings from serious diseases are thus actually the result of the movement of stem cells from bone marrow and their morphing into cells that regenerate a damaged area.

This is the first time I've read anything like this, explaining the physical details of how visualization actually works.

If we imagine using our muscles, they will grow stronger. In one test, the muscle strength of one group doing physical training increased by 53%, while a group doing mental training instead increased their strength by 35%, though they hadn't lifted a finger. If we imagine lifting heavy weights, the brain and muscles are stimulated more than if we imagine lifting lighter weights.

Even just watching someone exercising affects our brains and muscles. Ha, ha, that's what I always

suspected! Watching a great athlete performing makes you better at that event. Watching muscles working works much like visualization.

In a group who trained the little finger of their right hand, muscle strength increased by 50%, while in the group who merely watched the training, the strength of the little finger in their right hand increased by 32%.

We are given lots of statistical evidence about the effectiveness of guided imagery and mental imagery (visualization). Stroke patients can regain movement by imagining themselves moving, and those with Parkinson's disease can move more easily.

There are chapters on how to visualize and the power of affirmations. Having our attention focused on the ailing area activates that area and the part of the brain that governs it. According to what we imagine, "brain maps change and chemicals are released in the brain and throughout the body, genes are switched on and off, and stem cells receive instructions on which type of cells to become".

The chapter on visualization is extremely useful, the best material I've encountered.

Part II of the book contains true stories recounting how various persons healed themselves of serious diseases, including cancer, heart disease, chronic fatigue and autoimmune conditions, through their visualization work.

There's also a chapter on the power of love.

Finally, in Appendix I the author gives us his own Quantum Field Healing (QFH) visualization, which he states is a powerful symbolic visualization. We're also provided with stories of people who have successfully used QFH.

Appendix II contains innumerable examples of visualizations for specific diseases/ailments, including one for autoimmune conditions, which I have begun to do.

Here is a little one for getting rid of warts or verrucas:

"Imagine taking some coloured acid and rubbing it onto the cells in the wart or verruca, Watch them dissolve. Hear the fizzling sound. As each cell is dissolved, watch as the wart or verruca gets smaller and smaller and smaller."

This is a unique, exceedingly practical book. The author writes clearly and simply, but includes various helpful scientific explanations.

Although I already knew that visualization worked, my faith in it has been much increased, or greatly rekindled, in the reading of this book, so I have been motivated to start on my own visualization work. There are many, many examples of appropriate visualizations for various diseases.

This is the best book I've read on the subject of healing one's body in general and on visualization in particular. I strongly recommend that you purchase this valuable book.

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**Hilary Hicklin says**

This is a fascinating book written by a scientist who used to work in the pharmaceutical industry and became so fascinated by the placebo effect that he decided to explore the relationship between the mind and the body and its role in healing. He backs up his assertions with examples of studies and case histories all of which provide real food for thought.

As I am now also reading Bad Pharma by Ben Goldacre which exposes the somewhat dubious practices of the pharmaceutical industry and the failures of the regulatory bodies to safeguard patient interests, I wonder whether David Hamilton's inside experience of the workings of the that industry didn't also lead to huge disenchantment set alongside the "success" of the placebo effect.

I have attended a couple of David Hamilton's talks and his ideas are truly inspirational.

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**Nada Aljarallah says**

i bought this book to try get over my anxiety :)

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