



Medical Director's Corner

The following is an excerpt from Dr. Schrenker's newest book, The Emotional Basis of Disease.

The Power of Perception

By James H. Schrenker, MD, CMD

The mind is unable to distinguish between real and imaginary. That is, if we hook your brain up to computers that measure its activity, there would be no difference in your mind when actually looking at the Grand Canyon compared to imagining the Grand Canyon! So let's apply this to dis-ease. If you experience something tragic you will have an immediate emotional and physical response. When you recall that episode, the same emotions and physical responses will occur. The more vivid the memory, the more intense the feelings will be. Think about post-traumatic stress disorder, and "flashbacks". The individuals who experience these have the same reactions as they would if it were really occurring.

Now, what if all day long you just thought about your illness, thinking about what it has not allowed you to do and what it has cost you? Then begin to think about the pain and suffering, and not being able to do the things you want to do today. Now imagine what your future will be like, you know it is only going to be worse. This thought pattern is why certain dis-eases are attracted and nurtured by individuals. Your thought determines your ability to heal.

The mind produces energy in the form of thoughts. Those thoughts affect our energy field. That energetic effect triggers a complex cascade of transmitters within our body that eventually causes our organs to react and function in concert with those thoughts. Thoughts can produce physical symptoms – any symptom! Thoughts can make you sick or they can heal you, depending on the type and intensity of those thoughts.

THOUGHTS CREATE! Or as Einstein put it $E=mc^2$. Energy equals mass times the speed of light squared. Energy (thought) equals mass (something solid) times the speed of light squared. In other words, thoughts can create. Once again, science has proven what we suspected all along!

Printed copies of The Emotional Basis of Disease are available at Integrated Health Concepts for \$9.95 plus tax. Downloadable copies are also available from the 'Books' page on our website for \$9.95 at www.bristolclinic.com.