

THE MEDICAL NEWS™

Helping People Find The Healthcare They Need

1-800-MDNEWS1

Northern Virginia

August 2000

Discover a Path To Body/Mind Healing

By Kay F. Walkinshaw, RHA

Spontaneous remission is described as the disappearance, complete or incomplete, of a disease without medical treatment or with treatment considered inadequate to produce the resulting disappearance of disease symptoms or tumors.

Spontaneous remissions, or remarkable recoveries, are well-documented categories of healing. The Institute of Noetic Sciences in California initiated a study spearheaded by the late Brendan O'Regan, published as *Spontaneous Remissions: An Annotated Bibliography*, O'Regan and Hirshberg, 1993. O'Regan conducted an electronic computer search of the world's literature to document cases of spontaneous remission and extraordinary healing.

The research found over 3,500 reports which indicate that remission is not a rare anomaly, or something limited to hear say.

O'Regan noted, "We have many cases of remission with no medical intervention at all. These are the purest ones, the ones that give us the strongest evidence that there is an extraordinary self-repair system lying dormant within us."

The evidence is overwhelming. Complementary and alternative therapies share a holistic view of healthcare. Advocates assert that diseases have multiple causes and that treatment should involve multiple therapeutic interventions at a variety of levels, including the environmental, social, psychological, emotional, nutritional, behavioral, and spiritual.

The medical establishment has long touted the power of the mind in healthcare and healing. A George Washington University study showed that patients using visualization techniques dramatically increased their infection-fighting supply of white blood cells. The Preventive Medicine Research Institute has proven that meditation can reverse coronary heart disease. And UCLA researchers have concluded that the mind can be powerful medicine. There are countless cases of meditation over medication to prove it.

Initially, we must realize that we are all mortal beings and will die at some point regardless of the efforts of any practitioner of any kind of medicine. However, it is comforting to know that if we work with our mind and body we can effect change which will promote rapid healing because our body was not meant to remain sick or injured.



Kay F. Walkinshaw, RHA

The physician stabilizes the body or mind in a crisis, allowing the body or mind to heal itself. How many times have you heard a physician say, "I've done all I can do, the rest is up to a higher power."

Let's start from the beginning. We feel illness is a universal experience. None of us is immune to its touch. Assume that illnesses, the symptoms, are a result of very specific causes.

What we eat and drink, what we breathe, what we think about, and how we behave towards others, are all integral components of our daily lives. Collectively or separately they can and do have physical ramifications.

Our belief is based on the theory that the body is born with a blueprint for restoring and repairing itself. Each cell in our body contains the DNA imprint, coding and intelligence needed to function properly and also contains the instructions for whatever repairs need to be made.

Unfortunately, during the course of our lives, we sometimes pick up improper messages or codes which damage these blueprints and miscue the guidelines. However, if you remove or repair the damaged circuit, the original information again performs as directed and the body is restored to its original healthy state.

Hypnosis is a pathway to healing created by joining the subconscious minds of the hypnotist, the facilitator and the client. The technique is used to restore, regenerate and renew the body's cells by restoring the original blueprint to its proper coding and original cellular function.

Any type of injury that disrupts the cellular mem-

brane causes a breakdown of the healthy balance needed for homeostasis. Information is transmitted at the hypnotic level to stimulate the bodies own natural healing abilities. The critical factor of the conscious mind is bypassed and the message goes directly to the subconscious. The subconscious is responsible for generating and directing the healing process.

Professionals are increasingly interested in learning the staging technique which helps patients achieve these deep levels. They are investigating this process to establish a method of communicating with the cells, allowing blocks and reasons for the condition to be cleared at this deep mental level stimulating regeneration and physical healing.

The deepest level identified to totally bypass the conscious mind to date is known as the Sichort State. This level was observed and developed by Walter Sichort in 1966.

His research found that patients entering this deep level experienced some remarkable recoveries. He developed a unique technique that has rekindled intellectual excitement and optimism for the future. Sichort taught, lectured and had an active practice during his career.

A clear, concise application has been established for utilizing these more profound depths and effect a different approach to induce local and general anesthesia for medical applications. The efficacy of these techniques are apparent in the rapid achievement of somnambulism to allow the installation of behavior modification suggestions; and, the attainment of accurate, clear regressions. These procedures used in the Esdaile or coma state enable the client to establish nonverbal anesthesia.

Employing the Sichort State and his research regarding the Mind-To-Mind Healing has lead to a unique, intriguing concept of spontaneous regeneration of the body's cells. It is well documented that our blood cells replenish themselves every 28 days.

We regenerate a completely new liver every six months. Every seven years, each cell in our body is totally new. In this continual regeneration of the physical body, we have daily opportunities to stimulate healing and improve our health. The field is fascinating and imploring and is available to anyone interested in the cutting edge of self-empowerment for the third millennium.

Why not explore and apply this deeper understanding of true healing for yourself and your loved ones.