

YOUR BODY IS YOUR OWN FACTORY



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"It is simple to obtain 1000 prescriptions, but it is more difficult to obtain a single remedy"



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INTRODUCTION

Mind-body medicine uses the power of thoughts and emotions to influence physical health. As Hippocrates once wrote, "The natural healing force within each one of us is the greatest force in getting well." This is mind-body medicine in a nutshell. Modern mind-body medicine is expressed as yoga, Training your mind to stay at ease.

YOUR THOUGHTS

Every day, we have 6,000 thoughts, 5,000 of which are repeated from the day before. We most likely experience greater discomfort when we already do. We are creatures of habit, thinking the same things repeatedly. The more often patterns are repeated, the simpler it is to access them. These patterns may have been useful for us in the past, but they may not be useful now. Our brains may establish patterns and pathways connected with many things, including pain pathways.

CASE STUDY

Dr. Joe Dispenza spent almost two decades collecting tons of data showing that when you get your heart and mind focused on anticipating the positive emotions you expect to feel in the future, your body responds as though good things have already happened. He's teaching thousands of people how to heal their bodies and improve their mindsets. He also helps people heal themselves of illness, chronic conditions, and even terminal diseases so they can enjoy a more fulfilled and happy life as well as evolve their consciousness. Dr. Joe Dispenza is the author of *You Are the Placebo: Making Your Mind Matter*, which explores our ability to heal without drugs or surgery, but rather by thought alone. Dr. Joe was hit by a truck. He broke six vertebrae in his spine, and his doctors told him he would never walk again. He asked four different surgeons what he should do, and all four of them prescribed a complicated surgery. The surgery would relieve some of his pain but nearly guarantee he would never walk again. But that wasn't good enough. He refused to have the surgery and instead began to imagine himself totally healed. He visualized each vertebrae healing and reconstructed his spine in his mind. In just ten and a half weeks, Dr. Joe was back on his feet. He fully healed himself with just his mind. He teaches people to ground themselves in their future positive emotions instead of their past negative emotions. That's how people end up healing from all kinds of terminal medical conditions that traditional medicine can't treat.

ADVANTAGES OF MIND-BODY MEDICINE

Mind-body medicine has helped many diseases, such as:

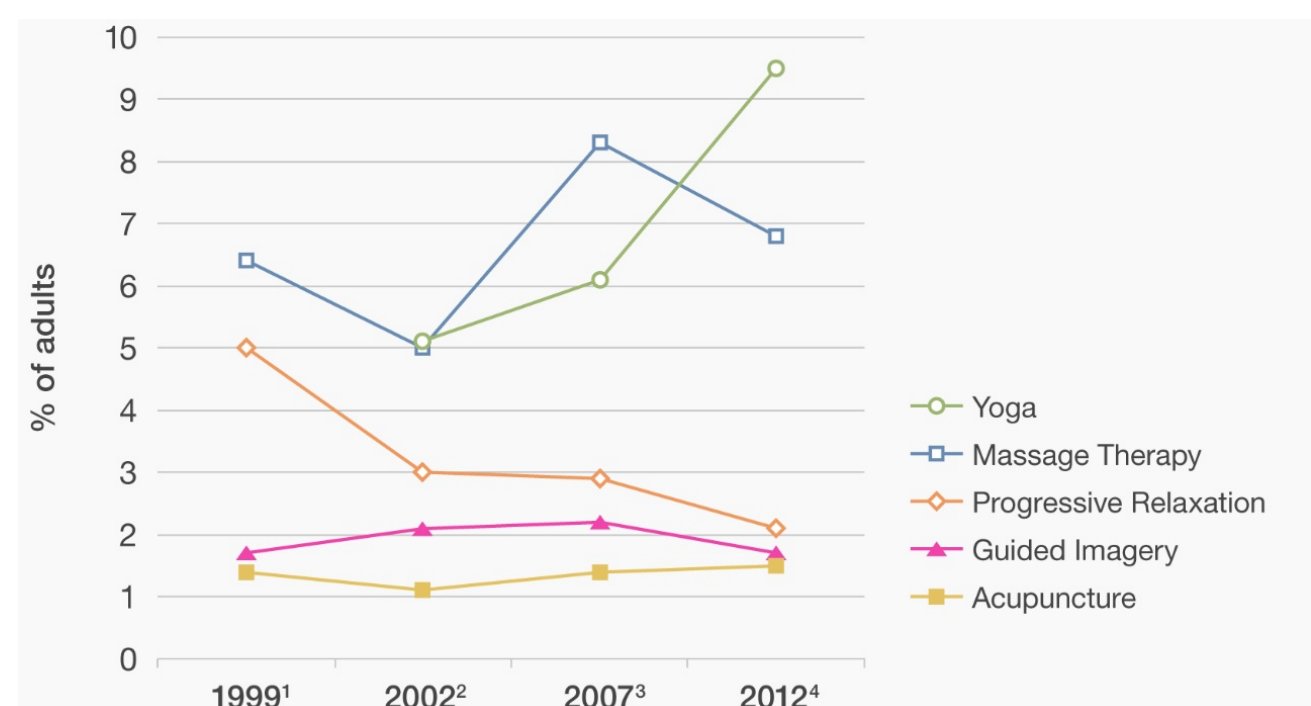
- Cancer
- High blood pressure
- Asthma
- Coronary heart disease
- Obesity
- Pain and nausea/vomiting related to chemotherapy
- Diabetes

ANALYSIS

According to research findings, several mind-body practices can help with a variety of conditions. Here are a few examples:

Acupuncture may help with chronic pain, such as low back pain, neck pain, and osteoarthritis/knee pain. Acupuncture may also help reduce the frequency of tension headaches and prevent migraine headaches.

A review of yoga and heart health studies discovered that yoga reduced risk factors for heart disease such as BMI, cholesterol, and blood pressure. Yoga may also help to reduce blood vessel changes that contribute to heart disease. may benefit people's overall health



INCREDIBLE PAINKILLER

Our bodies produce a small but steady amount of natural morphine. But it's possible that scientists could someday induce a person's body to create a natural jolt of morphine that might prove less damaging than injecting the substance into the body. Morphine shots can carry many side effects, he said—especially constipation.

CONCLUSION

Mind-body approaches have potential advantages and benefits. The physical and emotional risks of using these interventions are particularly low. Furthermore, once tested and standardized, most mind-body interventions are simple to teach. Finally, future research focusing on basic mind-body mechanisms and individual differences in responses is likely to yield new insights that can be used to improve the effectiveness and individualization of mind-body interventions. Meanwhile, there is substantial evidence that mind-body interventions, even as they are currently being studied, have positive effects on psychological functioning and quality of life, and may be especially beneficial for patients coping with chronic illness who require palliative care.

REFERENCES

- <https://www.royalcornwall.nhs.uk/services/pain/pain-management-service/how-are-pain-and-the-brain-related/#:~:text=The%20brain%20is%20involved%20in,know%20or%20feel%20or%20do>
- <https://drjoedispenza.com/pages/about-us>

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