Can The Mind Heal The Body?

Curejoy Expert Claude Butler Explains:

Whether you’re experiencing a minor headache, stress or just the curiosity to analyze your vitality, here’s something you should know that’ll probably change your mind set about the mind and the body.

Your Body Knows to Heal Itself

Your body is composed of self-healing mechanisms. And, these self-repair mechanisms are under the influence of thoughts, beliefs and feelings that originate in the mind. These natural self-healing mechanisms kill the cancer cells we produce everyday naturally, repair broken protein, fight infectious agents, slow aging, eliminate toxins, get rid of foreign bodies and assist in keeping your body healthy.

Now, your nervous system is mainly composed of two operating systems:

- **Sympathetic Nervous System** – The Sympathetic Nervous system produces the body’s stress response also known as ‘fight or flight response’. Stress responses are produced to protect oneself from life or limb threatening dangers, but nowadays we are in the ‘fight or flight’ mode all the time. The amygdala in your brain perceives negative thoughts, beliefs, and feelings financial fears, relationship worries, work stress, loneliness, or pessimism; as threats equally scary as a life threatening danger. And, when this happens, your self –repair mechanisms fail.

- **Parasympathetic Nervous System** – This is where relaxation responses come from. Only when your nervous system is in a relaxation response, are your self-repair mechanisms activated.

Activate your Mind to Heal Your Body

The book *Mind over Medicine* says “you can be proactive about activating your body’s natural self-healing”

**Belief:** Positive belief can go an extra mile in healing your body. It has been proven that the mind can cure the body for over 50 years and longer. As long as you believe your condition
is incurable, it will be. The *Spontaneous Remission Project* proves that there is a self-repair treatment to almost all the illnesses in the world, from cancer to even a gunshot wound to the head. Scientific data proves that once you believe healing is possible, it can be.

It is also important to find the right support for your self-healing. You must find someone on your health care team who respects your intuition and gives you the right treatment.

**Listen To Your Body:** You should know that your body is the only vehicle your intuition uses to communicate to you. Try and understand what your body is communicating to you through physical sensations like – pain, nausea, dizziness and more. Once you start listening to your body, you’ll see how your inner wisdom will always lead you to the right direction.

Also, you must try to **analyze the root cause of your illness**. Understand what caused your body to deactivate the self-repair mechanisms for complete healing

**Self – Prescription:** Once you’ve understood your illness, make a self-recovery plan for yourself, apart from what your doctor has advised you to. This could include a new diet, meditation or an exercise regimen. It could also include eliminating the reasons for your stress like a getting out of a toxic relationship or quitting a stressful job.

So, adopt these new practices and embrace any health condition as an opportunity for spiritual awakening. **Let your mind heal the body.**

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