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How Your Mind Influences Your Health, From Simply Losing Weight To Tackling Cancer

For a while now we have been hearing lots of talk about the power of the mind, and specifically the power of manifestation. This is still definitely on the fringes of science, however it is not a new concept, especially with regards to our health and our perception of whether we are healthy or not, and, to take it to the extreme, whether we will survive or not.

Growing up in central Africa we were all very familiar with the power of 'tagati.' Tagati is an Ndebele word which basically means a black magic spell. Although in the west we negate the reality of things like black magic, curses and hexes (at least on the surface!), in tribal Africa there is a strong and absolute belief in these things as a day-to-day reality. This unquestioning belief in magic and the supernatural powers puts these concepts into tangible physical reality.

I have known people in the prime of their lives who, when cursed and told they would be dead before the end of the week, quickly got their 'house in order' and then over a few days

withered and died for no explicable reason, literally before the end of the week. It was all the absolute conviction that it was going to happen that made it happen.

This was my first startling introduction to how our mind, our mental disposition and our beliefs can impact our health, our longevity and, sometimes, our very survival.

Knowing how a firm and deep belief in the inevitability of a terrible outcome can literally destroy our health and kill us, I began to wonder if a similar deep and absolute belief in a positive outcome couldn't also manifest in the same way, but with miraculous healing, health and happiness. It certainly stands to reason, and over the last decade or two there has been more and more serious scientific study proving this very phenomenon.

Just one example of this is ADAM, a Canadian who in the early 2000's wrote a couple of very interesting books, including 'Dreamhealer: A True



developing these abilities. Just for the record I also think, as ADAM himself points out, that when dabbling with these things you must be of the purest of mind and only use any power you can muster for good and the benefit of yourself, your family and your community.

And it can be profound. For instance in 'Intention Heals' he explains how to use visualization to reduce and 'extract' serious medical conditions such as fibromyalgia, multiple sclerosis, diabetes and even cancer from your body.

This is all pretty serious stuff, and as noted above I think takes quite a bit of mental focus, mind control and lots of practice. Yet your state of mind, and simply your perception (or belief) in what you are doing has a profound effect on your physical body, and consequently on your state of health.

Story of Miracle Healing', 'The Path of the Dreamhealer' and 'Intention Heals' (which is our Book of the Week this week, see the details below...). These guides and workbooks explain how to develop and leverage these type of health-manifesting mental abilities.

While these books lay out the principles of accessing the power of your mind, I think it needs a lifetime of unquestioning belief, starting literally from birth to be able to manifest such extreme outcomes such as immediate miracle cure or quick death. Hence I think it is very hard for people who have grown up in a 'normal' western society to be able to gain this level of power, as we have been so deeply indoctrinated to question and doubt our own psychic abilities.

However, with application and commitment I think we can certainly make progress in

In August last year Dr. Yuhong Dong wrote a feature article in Epoch Health entitled 'The Power of Perception: How Your Mind Influences Weight Gain or Loss.' In it he wrote:

"Our perceptions about what we eat affects how our bodies respond to food. For instance, when we take in a low amount of calories, if we are informed that our food contains many calories, our bodies may respond in a manner similar to eating higher-caloric foods—such is the power of the mind.

These and other perceptions can change our metabolism. In 2011, Yale University researcher Alia J. Crum and co-authors published a study in Health Psychology in which 46 participants each drank a 380-calorie milkshake labeled in two

different ways, each falsely reflecting its caloric content.

One group received a milkshake labeled “indulgent” with a claim of 620 calories, while the other group received a milkshake labeled “sensible” with a claim of 140 calories.

Before and after they drank the milkshake, ghrelin—the hunger hormone—was measured in the participants’ blood, and their perception of the healthiness of the food was also recorded.

The indulgent-label group reported a much lower perception of the healthiness of the food compared to the sensible-label group. The indulgent-label group exhibited a dramatically steeper decline in ghrelin levels after drinking the shake, whereas the sensible group showed a relatively flat ghrelin response, even though both groups had in fact consumed identical milkshakes.

In a 2020 study, Mexican researchers assessed the effects of an eight-week mindfulness-based intervention on body weight, appetite regulators, and stress in 45 school children with coexisting obesity and anxiety.

One group received an eight-week conventional nutritional intervention (diet) and the other an eight-week mindfulness-based intervention. The mindfulness intervention focused on improving body awareness, increasing awareness of eating, and understanding emotions.

Before the study began, the kids had similar body fat, ghrelin levels, leptin levels, and other health parameters. After eight weeks, the kids in the mindfulness group experienced declines in anxiety and body fat. Their ghrelin and stress hormones were also reduced. In addition, at 16 weeks, they had experienced a lasting decrease in their body mass index (BMI). In contrast, the kids in the conventional nutritional intervention group—who didn’t receive mindfulness training—experienced increases in ghrelin levels and a more moderate decline in BMI.

The results indicate that training your mind can help recover the normal mechanism in the gut-brain axis, potentially via the two key hormones—ghrelin and leptin—and ultimately help with weight loss.

The complexities of our human body involve much more than individual preferences; it’s about harmonizing the intricate relationships between the millions of cells in our bodies, gut, and brain, as well as our food choices and even our mindset or views on food.

Consider a symphony orchestra, where each instrument plays a crucial role but relies on the conductor to coordinate their efforts. Similarly, a holistic approach integrates the mind and body at various cellular and molecular levels—something essential for optimal health.”

Ultimately, effective solutions do not have to be complex. Simple, accessible methods are often right at our fingertips. We just need to be open-minded and ready to reconnect with the lost conductor of our health: Our minds, our perception and our willingness to proactively control and manage them.

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Source for this article include: <https://www.theepochtimes.com/health/the-power-of-perception-how-your-mind-influences-weight-gain-or-loss-5692301>
<https://pubmed.ncbi.nlm.nih.gov/21574706/>
<https://pmc.ncbi.nlm.nih.gov/articles/PMC7040861/>

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