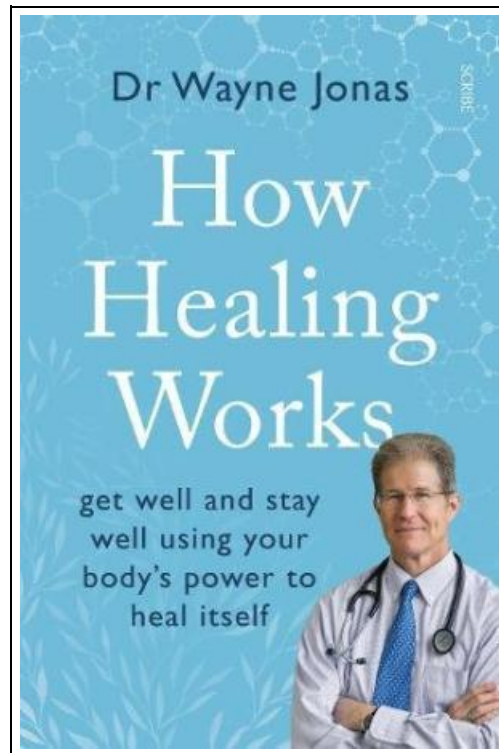


How Healing Works



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Scribe UK Feb 2018, 2018. Taschenbuch. Condition: Neu. Neuware - Most of the treatments we think produce healing do not work when exposed to rigorous scientific scrutiny. Yet people often get better. Why And how Dr Wayne Jonas argues that the majority of healing comes from a few basic principles that can be used effectively by any system - ancient or modern, complementary or conventional, proven or unproven - when they illicit a meaningful response in a person. Healing will give you a simple, systematic approach to real healing. Drawing on the most rigorous scientific evidence available and using case studies to illustrate the synthesis of research findings, this book will show you that: Only 20% of healing comes from the treatment agent, whether that is surgery, pills, acupuncture needles, herbs, diet, or anything else external to you A full 80% of healing comes from constructing a meaningful treatment, unique to you, which is internal and highly personal - using simple principles and components You can activate your own inherent healing processes and get your physician and others to help accelerate your healing journey, making it more effective, safer, and less expensive This is not the argument that you can simply think yourself into healing, which has been made by others. Understanding what stimulates healing or prevents disease will not fix a broken bone, cure cancer, or help you with a heart attack. However, the top ten reasons for seeing a doctor, according to a study by The Mayo Clinic, include pain (especially back pain), fatigue, cognitive dysfunction, hypertension, diabetes, obesity, chronic heart or lung problems, or brain diseases such as Alzheimer's, Parkinson's, or depression. Almost all of these conditions accelerate and increase as we age so even if we feel healthy, the chances are that if we live long...



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