

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

For those of you who are regular followers of this article, I hope that you've grasped the concept that health exists on a continuum and that everything you do; everything you eat, drink, or breath are all either moving you toward health and away from dis-ease or moving you toward dis-ease and away from health. I found an outstanding article that suggests that one of the biggest factors on this continuum is our own thoughts.

The article identified several research studies that show how we think can actually change the behavior of our DNA. In one study performed by the military, DNA from white blood cells was taken from people, placed in a vial and moved to be monitored in another room. The people were subjected to different emotional stimuli while their DNA was monitored. As the donors were stimulated, they found that their DNA exhibited similar electrical responses at precisely the same time in the other room.

In a similar study done by the Institute of Heartmath, 28 scientists took DNA from other people and were taught to generate strong emotions in the presence of the DNA samples. When the scientists generated feelings of joy, love, and gratitude, the DNA relaxed, unwound, and lengthened. While they generated feelings of anger, fear, and frustration, the DNA tightened, shortened and shut off many of its codes. The researchers applied this discovery to HIV-positive patients and discovered that when the AIDS patients generated feelings of joy, love, and gratitude their immune systems became 300,000 times more resistant to the virus than when they were not feeling this way. Put simply, our thoughts affect our physiology and can have as great an impact on our health and wellness as any other factor. Think about what you think about!

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