

The mind can create disease

Question: Is there such a thing as self-induced disease? My husband says he has SARS and he hasn't left the area in over a year.

Answer: Psychosomatically induced disease is very real. My original experience with this was as a student. Different classmates would contract the exact disease we were studying. While visualizing all the symptoms and physical effects of a syndrome, our brains can physically display the changes inside the body or as it is pictured in the brain. If an individual believes they have a condition they will get the condition.

I also had a very close relative whose sister and mother died at the age of 42 from uterine cancer. She went to her gynecologist every year for a check up to make sure she was healthy. She obsessed over the fear of getting this cancer. There was never a time I spoke with her that it wasn't mentioned. At 41 years of age, after being totally healthy for eight years of prior check ups, she was diagnosed with uterine cancer. She died of uterine cancer at age 42. Was this self induced or genetically predestined? We will never know.

I believe a healthy person requires positive mental focus, and a firm belief in their own body. The body was designed to be well and combat disease.

Reorganizing our command center (brain and nervous system) to activate

disease by envisioning the destructive behaviors of our environment can and will destroy normal healthy function in the body.

My advice is to have your husband focus on the positive aspects of the media and his environment. He requires a distraction from his obsession on the illness. If he has continued real symptoms he should seek a specialist in the healing field to assist him with his problem.

Quote of the week: "Take each day and relish each moment. Take each bad day and work to make it good." – Lisa Dade