

What It Takes To Heal And Be Well

By

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"All interest in death and disease is only another expression of interest in life" -Thomas Mann

In this complex world in which we live, there are many things that can happen, do happen and we wish would never happen. Some of them we can control and many of them are the result of a chain of events that we could never foresee.

Being biological units, meaning that our lives are finite and our bodies are not perfect; there will probably be a number of problems during our lifetimes. The outcome of many of these challenges will be a direct result of what we do, what we think and how we answer the challenge.

The evidence is strong and mounting that the two most important qualities to healing and being well are the desire to heal and the belief that you can heal. Studies of those "special" individuals that were not supposed to recover, the fatal car wreck, the incurable cancer, and the insurmountable illness; and yet they did recover. The two things that they all had in common were their will to live, (their desire to heal) and their belief that they could recover.

Your mind is the single most important healing tool that you carry with you. Your mind tells your body what to do. When you tell your body that you want to heal and you hold the belief that you will heal, your mind mobilizes the defenses that your body has and begins the healing process.

Doctors have long been aware of the Placebo Effect. During testing of new medications, people are divided into at least two groups, one taking the new medication and the other taking a control, an inert product with no medicinal value (a Placebo). No one ever knows which he or she is taking; it is the control to find the effectiveness of the new product. However, if the person believes that the medication will help them, and they want to heal, they take the pill and many times the Placebo has a healing affect. The mind expects the pill to help them and they want to be helped, therefore the mind expects to have healing affects, it expects the body to heal and the body reacts to this expectation by healing itself. This is not strange or bizarre, this happens to a large number of the Placebo group, and many times the Placebo is found to be more effective that the medication.

A third important component to healing and being well is being in control of what is happening to your body. When we have a devastating illness or accident, all too often we are relegated to doing what we are told. We are afraid and feeling helpless. We don't know what is best for us and we allow others to make decisions about what treatments we want and need. That fear and feeling of helplessness, only increases as others take charge of our treatment. We don't know what is supposed to be happening; we don't know what the process is supposed to do or how it will work. Wanting to be a good patient, we keep our fears inside and often it turns into depression and finally apathy, a not caring. After all, it isn't up to us. Moreover, several studies have verified that when the mind is depressed, our immune system is depressed.

No one knows your body better than you do and no one knows what you want and need better than you do. You deserve to be actively involved in your treatment, you have a right to make decisions about what is best for you and you need to know what is being done to your body.

With our libraries, the Internet and help groups, you can learn as much about any disease or treatment, as your professional provider. Sometimes you can be more knowledgeable about your situation than your caretaker. Don't assume he or she knows what is best for you, don't assume that the acceptable protocol is what you need or even want. Be an active member of your support team. Fight for what is important to you. Be a part of the healing process and an active participant in your own health care.

Dr. Darlene Treese has been in private practice in hypnosis and counseling since 1983. She is a Diplomate in Counseling with the National Institute of Sports, Past President of the American Psychotherapy and Medical Hypnosis Association and Vice President of the Rotary eClub of Southwest, USA. Darlene has been internationally acknowledged for her positive action and solution-based therapies and work with corporations. "A person for the people," Dr. Dar is always available to help with your questions and dilemmas through office visits, email or telephone consultations. Call her at **850-201-0073** or visit **www.AskDrTreese.com**