

## PREFACE

*Good health is more than a body that works.  
It is feeling good about yourself, dealing effectively  
with people and situations around you, and growing  
spiritually toward a new sense of wholeness  
and meaning in life.*

—Anonymous

WELCOME TO SUPERHEALING. WELCOME TO THE MYSTERY AND magnificence of your own body. In this book, you'll learn about research breakthroughs from different scientific fields that you can utilize to enjoy optimal health and well-being. This book is designed to provide you with the vital health-promoting information, tools, and techniques you need to unleash the remarkable, inborn healing capacity that resides within you. Is your life vibrant and optimal? Has it been awhile since you've felt really great? Are you sluggish and tired, lacking the energy you need to get through the day? Do you typically schlep through life, carrying your body along, but suspect that you must do something soon to prevent the development of a serious illness?

While you may be physically healthy, if you have been under stress without resolution for an extended period, then despite your best efforts, you're at risk of developing chronic diseases.

Do you feel ready to improve your health but don't know the right steps to take? Even though you may not have a physical illness just yet, perhaps you've become aware that you don't quite have the vibrant health you desire and deserve. Maybe you are currently living

with a serious chronic disease, perhaps even one your doctor says is terminal. Whatever the case may be, isn't right now, this precious moment, an appropriate time for you to step up and take charge of your well-being?

The beauty of the superhealing approach to wellness is that it really doesn't matter what your current state of health is when you begin the program. Everyone can heal. Depending on how far your health is from ideal, you can either dramatically improve it or subtly but meaningfully enhance it once you understand what actions you must take. Vibrant well-being is your birthright. The challenge is learning how to create it, because if you're like most people in our society, you were never taught how to be healthy.

Are you facing the inevitable precipice of old age but want to continue to feel young? Are you looking for complementary wellness techniques beyond your conventional medical care to empower you to feel great? Or do you want something more for yourself but just don't know how to define it? In addition to addressing your own concerns, do you also want to help your loved ones experience improved health? All these are valid reasons to learn about the superhealing approach. And if I play my part well as your guide by presenting the breakthrough research now available to us, you can rest assured that this book will leave you with practical solutions you can implement.

We have all met someone who was physically sound but emotionally unstable and spiritually deprived. Perhaps you've even felt this way yourself at times, especially when life has put you under pressure. I know there have been times that I have felt this way, but I would have to say that these moments are fewer and farther between now that I am aware of the possibility of superhealing. Even though you may currently be focusing on improving your physical health, you can still be unhealthy in meeting your emotional and spiritual

needs. The approach to wellness you're going to learn about in *Superhealing* can help you to turn your situation around so that your mind, body, and spirit are brought into balance. The scientific studies presented here will show you that when we neglect our emotional and spiritual needs, it is to our own peril, because that neglect is detrimental not only to our emotional health but to our bodies as well.

## MEET YOUR AMAZING BODY

I'd like to introduce you to your amazing body. Volumes of encyclopedias couldn't describe the many wondrous activities that are going on within you right now as you are reading my words on this page. When you mentally scan your body, you are unaware of the thousands of biochemical reactions taking place or the creation and repair of your cells and organs. Nor are you aware of the vigilant protection your immune system is providing you. At this very moment, it is destroying all the invading organisms and foreign particles that could potentially cause you significant harm, while keeping an eye out for any changes in your cells that might indicate the presence of cancer. Fortunately, you don't need to be aware; everything I've just described is happening automatically.

We take our bodies for granted in many ways. We expect them to do what we want when we want: to walk, touch, digest, move, think, and creatively express our thoughts. We don't sit around wondering why or how the body can do these things. But maybe it's time we should. I know you are familiar with your body and its functions, but please allow me to introduce you to it in the most unusual and highly detailed scientific way—a way that is rarely thought of outside biology class.

- Your lungs contain more than 300 million capillaries (microscopic blood vessels).

- Your bones are as strong as granite in supporting your weight. A matchbox-size piece of healthy bone can support nine tons of weight—four times more than man-made concrete can support.
- The acids in your stomach are strong enough to dissolve metals like zinc, yet the cells in your stomach lining reproduce so quickly that your digestive acids don't have time to dissolve them.
- Each of your kidneys contains at least a million individual filters. Every sixty seconds, these filters purify more than two pints of blood.

And this is just the tip of the iceberg. There are so many more remarkable facts to discover that only a huge library could contain them. Your body has an extraordinary capacity to repair many of its own organs and tissues when they're damaged by either trauma or disease. For example, when you cut your hand, your body immediately launches a complex response to repair the wound and ward off possible infections that could be caused by invading organisms.

Along with other processes involved in this response, your skin cells instantaneously begin to divide and grow to fill the wound and restore the integrity of your skin. The cells adjacent to the wound are automatically stimulated to multiply. The DNA in the nucleus of each skin cell is reproduced with the help of some of the most remarkable chemical processes known to exist.

As your cells begin to multiply, your blood supply is enhanced to adapt to the unique characteristics of your wound. Your blood provides the chemicals that are required to help the skin cells grow: vitamins, minerals, and amino acids (the building blocks of protein). Then, once your skin cells have filled in the formerly wounded area,

the replication effort is turned off in the cells, one by one, so that the skin cells don't keep on replicating beyond what is needed—thus, they avoid causing the creation of a skin tumor. Your body's cells know exactly when to grow and exactly when to turn off, so that when all is said and done, you're left with a perfect, or nearly perfect, replacement for the skin you lost when you were wounded.

Because your body contains such powerful mechanisms of biochemistry and energetic transformation that promote self-healing on a molecular level, all the aforementioned types of processes are capable of happening without your conscious awareness or involvement. Your body's ability to heal itself is so very powerful; in fact, you couldn't stop yourself from healing that cut if you wanted to! You can interfere with the process and slow it down, but your body will automatically do everything within its innate power to repair your wounded tissue.

You can't stop any of your body's other automatic functions, either. This makes it even more interesting that, as contemporary research has shown, your conscious involvement can and will enhance, support, and promote your body's innate healing processes, leading to superhealing.

Superhealing phenomena are what we are going to explore in this book.

## WHY ARE WE ONLY JUST NOW FINDING THIS OUT?

Our bodies are naturally designed to express optimal health and well-being, yet most of us simply haven't been taught to engage this natural healing capacity to the best of our abilities. This is partly due to cultural forces, such as an absence in the West of a tradition of mental, emotional, and spiritual practices like meditation. In addi-

tion, there is the considerable political influence of the pharmaceutical and insurance industries and the predominant focus of conventional medicine on the use of drugs, surgery, and technology. It is hard to break the bonds of medical tradition.

In a 2000 medical journal article, Dr. David Sobel wrote, “Mind/body medical interventions are often held to a higher standard of evidence than are traditional ones, and must justify themselves not only by improved health outcomes and quality of care, but also on the basis of cost alone. Both medical and mind/body health interventions should be judged by a similar set of criteria, and the beliefs and biases that delay the use of psychosocial interventions need to be challenged.”<sup>1</sup>

An ounce of prevention truly is worth a pound of cure, for so many reasons. Since prevention spares us the pain and suffering associated with illness, which can be debilitating and impede our lives and happiness, the comparatively few dollars it costs to implement preventive measures are far more valuable than the thousands of dollars required to treat a disease. In my opinion, the field of medicine is off center, and the influences of the pharmaceutical and insurance industries keep us from having access to the information we need to make the best lifestyle choices for ourselves.

Part of the reason I wrote *Superhealing* is to give you access to this vital, life-giving information. This book might challenge your beliefs. You will discover that you don’t have to get sick, that your genes aren’t fixed, and that your family’s medical history isn’t your destiny. It is how you live that plays the most significant role in your health; far more important than your access to medical treatment.

As you may already know, people are sicker today than ever before. This is ironic and tragic, considering the breathtaking advances in diagnostic technology and medications in the last few decades. In

the twenty-first century, we Americans are developing chronic diseases at alarming rates and at younger ages. Adult-onset diabetes, or type 2 diabetes, was formerly unheard of in people under forty-five, but now it is a common occurrence among teenagers and even children as young as ten.<sup>2</sup> More young children now have fatty deposits in their arteries similar to the condition of people decades older.<sup>3</sup> Poor nutrition is fueling an obesity pandemic, and the cancers of old age—breast, prostate, and colon—now regularly occur in men and women in their twenties.<sup>4</sup>

Furthermore, we are seeing alarming rates of adverse drug interactions, medical accidents, and harm caused by embracing a technological approach to health care that appears to have run amok.<sup>5</sup> Medical costs, which are the leading cause of bankruptcy in the United States, are skyrocketing, and no relief is yet in sight.<sup>6</sup> It is therefore essential for you to take your health into your own hands.

Right now is the perfect time for you to learn some simple but powerful health-giving solutions that arouse your body’s capacity for healing and regeneration. With our new comprehension of phytonutrients (plant nutrients), the biochemistry of emotion, and epigenetics (environmental and emotional effects on genes)—all evidence of the role of the mind and spirit in the health of the body—there is so much that you can do to create optimal health and well-being.

## WHY I WROTE THIS BOOK

I’ve written *Superhealing* because I am committed to helping you learn how to correct imbalances while they are still relatively easily resolved, so you can maintain good health and prevent the development of unnecessary diseases. I also want to show you how to activate the healing response on every level of your being—mind, body, and

spirit—so that they work together to reverse more advanced disease processes. As a physician, I feel privileged to have had the opportunity to witness the manifestation and expression on several occasions of the tremendous innate healing ability that everyone possesses. Its presence is awesome and powerful, and any description of it is merely a shadow of the experience itself. Nonetheless, it is real.

I've seen cancers deemed terminal suddenly disappear from bodies racked with pain and anguish. I've seen the dead return to life, their bodies remarkably unaffected by their death experiences. I've watched little children—premature babies too tiny to exist on their own outside an incubator—survive against insurmountable odds. These and other similar experiences have convinced me of the urgent need for the transformation of our philosophy of and approach to health and healing. These miracles of health and healing need to be available to as many people as possible—they need to be available to *you*—and they are, when superhealing is engaged.

During my first year in medical school, I was amazed by how the body works. I remember reading Arthur Guyton's *Textbook of Medical Physiology* and discovering the way that hormones are released and act throughout the entire body, like a symphony of intricate chemical molecules. While watching a movie on the functioning of the heart, I was awestruck. Can you imagine how powerful this relatively small muscle is to provide your entire body with the blood flow it needs to sustain life? It pumps an average of seventy beats per minute, 100,000 times a day, 35 million times a year, and 2.5 billion times in an average lifetime. Witnessing these profound displays of the life force made me wonder how the spirit interacts with the body. What intelligence is guiding it?

I went to medical school because I believed that I'd be taught how doctors help their patients to improve their health. Buzzer, please—

*bzzzzzzzz*. That didn't happen, and I'm sure you can imagine that I was deeply disappointed. In my heart I knew that something very important was missing in my education. I never heard one lecture on how to create health during my seven years in medical school and residency training. Nutrition was treated like a passing thought. The glaring absence of health-promoting information in the curriculum was a painful reminder to me of the critical missing link. Medical school was all about managing the symptoms of disease.

Why isn't the training of doctors focused on health? That's a really good, complex question, and the answer can be summarized as follows: Business forces took hold of medical education more than a century ago, and since then the focus has been on pharmaceutical drugs, surgery, and technology. That's just how the allopathic (Western) medical system is set up. Conventional medicine has certainly made amazing strides in certain areas, especially in diagnosis, disease identification, drug development, and the treatment of acute diseases, such as infections and traumatic injuries. That's all important stuff. But I didn't learn what I knew in my heart I needed to know.

My strong desire to discover how I could help people—not only to reverse their symptoms but also to create true health and well-being—started me on a remarkable journey thirty years ago that has continued ever since. More and more of my colleagues have begun to take the same journey. A whole movement to integrate wellness practices into the medical repertoire and shift our emphasis to prevention is underway. Researchers have identified the significant roles that the mind and spirit play in sustaining our health and well-being, and others have validated the efficacy of relatively simple natural healing techniques. We now know that working on improving our health through the body alone is like sailing a sailboat with three masts with only one open. Healing becomes superhealing when all

three sails are unfurled and catching the wind.

Throughout my three decades of practicing holistic medicine, I've often found myself in the position of answering the health questions of my family, colleagues, coworkers, and friends helped them to find simple solutions that remarkably improved their health and changed their lives, even though they were afraid to tell their doctors how they achieved the results. I have worked in hospitals and in private practice and have served as a public health advocate. My professional approach to medicine is holistic and integrative, and it includes a broad range of therapies that engage and empower my patients, from nutritional supplements and tai chi to volunteering, listening to music, and engaging in meditation and prayer.

I am a graduate of Brown University and Duke University School of Medicine, and I completed my residency training at the University of Chicago's Hospitals and Clinics.

I love to read, write, and express myself creatively in a variety of ways. But more important and meaningful to me than any of my achievements and credentials is my passion to help people live in good health and with tremendous well-being.

I believe your health is your greatest wealth, and your life, like the lives of others, is a precious gift. It is a blessing to be alive and to experience the joy that only thriving vitality can bring.

## WHAT IS SUPERHEALING?

Superhealing is your innate ability to engage and accelerate your body's powerful natural health capacities through active participation in their expression. That means involving your mind, your body, and your spirit to restore the balance that is necessary to open the floodgates of healing that are not under your conscious control. This approach may require that you draw upon a broad range of clinically

proven techniques, tools, and processes that speak to your needs and personal preferences. The superhealing approach affirms and recognizes that your essential nature is derived from your spirit, the foundation of all health and well-being.

A superhealing approach emphasizes the importance and necessity of involving the whole person, all aspects of being, in the creation of optimal wellness. Imagine a continuum of wellness, with optimal health and well-being on the far right and terminal illness on the far left. You can view superhealing as movement from wherever you begin—even a position of so-called neutrality, represented by a state of health that is seemingly okay but cannot be sustained—toward an increasingly positive state. This approach recognizes and promotes the fundamental innate capacity of the body to heal itself, and the role your various aspects of being play in the process. It acknowledges the role that all aspects of your being—your mind, your body, and your spirit—play in the expression of your health and the development of disease.

When we see superhealing occur in extreme cases, such as the spontaneous remission of a cancer, this innate capacity—perhaps more than any other mysterious inborn ability we possess—profoundly challenges the belief systems that most of us use to chart the courses of our lives. We can only aim to consciously create the conditions that make superhealing possible in any given case of severe chronic illness or injury; we cannot guarantee success. But the fact that healing is outside our conscious control and yet occurs can dissolve even our most carefully assembled belief systems.

As you read this book, you may realize that your own beliefs about what is and is not possible in terms of healing interfered with your progress in achieving optimal health and well-being in the past. I encourage you to use this reading experience as an opportunity to reach a new level of awareness, health, and well-being through a

deeper understanding of your essential nature, which is the sustenance of life. *You are life.*

## HOW TO USE THIS BOOK

*Superhealing* offers an in-depth look at the advances made by bold and daring medical researchers in recent years that confirm the power and efficacy of natural healing, a variety of approaches that sustain and uplift the mind, body, and spirit. I hope you will view this book as your companion, a friendly guide on your journey to optimal health and well-being. I have designed it to empower you with multiple options.

Part information, part inspiration, and part instruction, this book will allow you to create an individualized superhealing plan using a variety of clinically proven holistic and integrative techniques to reverse and prevent chronic diseases that are commonplace in our society: diabetes, hypertension (high blood pressure), heart disease, obesity, arthritis, acid reflux, cancer, and more. Its foundation is the thousands of studies that together demonstrate repeatedly the power of your body to heal itself. Even in the most dire and difficult situations, restoring your health is possible. You were born with this remarkable capacity. You are an amazing being, possessing the potential to overcome any illness. The superhealing approach intensifies and accelerates healing.

Health is not merely the absence of disease. It is a dynamic process, a harmonic symphony of biochemical, energetic, and psychological reactions occurring within your highly specialized anatomy as it interacts with your environment. Contrary to the prevailing scientific opinion, your body is not a biological machine. It can be likened to a garden or an ocean, an ecosystem whose elements must remain in balance if the whole system is to survive. Your mind-body-spirit needs balance and harmony, too.

The book has been organized into four parts. Part One, "Your Superhealing Mind," covers breakthroughs in science that reveal how intimately your mind is related to your physical health.

Part Two, "Your Superhealing Body," explores the latest research in nutrition, nature, and exercise, and it shows the influence your physical body has on your mind and your spirit.

Part Three, "Your Superhealing Spirit," reveals that the foundation of mental and physical well-being comes from a spiritual source. Although conventional thinking would lead you to view spirit and body as separate, every aspect of your spirit has an impact on your physical well-being.

Part Four, "Your Superhealing Lifestyle," will help you to develop a customized forty-day action plan to consciously engage your mind, body, and spirit and immediately activate your capacity for superhealing.

The path of superhealing supports the return of your conscious awareness of the harmonious state of being and the radiant light of your spirit within. In this place, disease, disharmony, distress, and pain are not known. The path of superhealing is actually an inseparable part of the life that is unique to you. There is no one recipe for how to journey along this path of awareness that leads to optimal health and well-being. Superhealing isn't only an outcome, such as the spontaneous remission of a disease. It is an alignment with an inner radiant healing force that speeds our movement along a continuum of health toward optimal well-being. The length of time required is truly not important. The fact that it happens is what matters, because once it does, it empowers and facilitates your progress toward the awareness of your true, primary wholeness.

Thank you for choosing to read this book and allowing me to share in your personal superhealing journey—your adventure. There really is no better time than now for you to discover the simple, powerful, health-giving solutions that *Superhealing* offers.

Welcome to the good health you desire and deserve.

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