



How Wise is the Body?

Trauma is a more common mind-body impediment than we realize.

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"You need to believe in things that aren't true. How else can they become?"
— **Terry Pratchett**, from *Hogfather*

Homeostasis

Because most of our body's operations are invisible to us, we presume the only effect we have on our body is through our intentional actions. We presume that we do not have control of what we don't perceive and that our thoughts and mental images don't affect our autonomic processes. This is the foundation of allopathic medicine. It is a reductive view of the body's processes which claims our different systems regulate themselves independently.

This is partly supported for certain systems and weakly supported for most systems. The homeostasis of most of our body's systems depends on all the body's systems remaining in balance. When one of these systems is not in balance we become more broadly out of balance. We may attribute this to disease.

When I was discharged from my time in the hospital for Covid-19 my breathing was labored. I would not have been able to walk up my driveway without oxygen. I was given oxygen and a steroid inhaler, both of which help but neither heal. In fact, both work against regaining function and can become detrimental to long-term recovery.

"Although encouraging patients to return to performing daily activities and to start low/moderate-intensity exercise at home is currently recommended for patients recovering from COVID-19, Humphreys et al. have described that patients experienced a lack of clear and consistent advice with regard to physical activity."

— **Jeannet Delbressine, et al.**, (Delbressine, et al., 2021)

Allopathic medicine, as it's now come to be practiced, is normative. It aims to move you back into your body's expected operating range on the assumption that your body will regain control and reestablish balance, which we refer to as homeostasis.

The trouble is that when a system in your body has been pushed too far out of its normal range it may not naturally return to its normal, healthy, operating state even though allopathic treatment says it has recovered. With too much stress any of our systems become traumatized. Some aspect of ourselves has been semi-permanently distorted and will not return to normal by itself. This could be mental, muscular, or metabolic.



Returning to Normal

Allopathic medicine applies chemical and physical forces to push us back to a normal operating range based on a small number of parameters. There is little recognition of the interaction between systems—how one system affects another—and no recognition of the role of mind, intention, and emotion aside from taking one's meds and following the protocol.

My experience is that my lungs have forgotten how to breathe. It's not that I can't breathe normally, it's that some aspect of my breathing overreacts and interferes with my intention. If I take deep breaths my diaphragm goes into spasms causing me to cough. I don't feel the need to cough, but my diaphragm seems to have forgotten how to operate normally.

This is very much like the condition of Post Traumatic Stress Syndrome (PTSD). In PTSD one's perceptions and reactions are hijacked by a past experience and your attempts to behave normally are short-circuited. Your normal reactions, those that you do unconsciously and without thinking, are replaced by distortions of them. Usually, these distortions reflect the traumatic threat or condition that affected you in the past, and your reflexive reaction has obliterated your recollection of how to react or behave normally.

Recovering from PTSD requires an intentional redirection of your perception, attention, and reaction. In almost all healing modalities someone other than you facilitates the healing. After all, if you could heal yourself, then you wouldn't seek help. Nevertheless, it is ultimately you who does the healing because only you have the tools to maintain your balance.

In previous posts, I complained about the lack of direction that I'd received. I've since been involved with several doctors and, in each case, there is a reluctance to explore much of anything. Rather,

doctors seem wedded to one protocol or another, not broadly informed about any, and reluctant to reveal their ignorance.

I suspect this is for legal, financial, and administrative reasons. If you've been following the conflicts over the treatment of Covid-19, then you'll notice that it largely boils down to whether doctors do or do not have the right to apply their clinical experience to individual cases.

Few doctors are fighting for this right, and those that are fighting are the doctors who are establishing new protocols. Most other doctors, in my experience, are reluctant to entertain anything outside of the protocol their administrators tell them to follow. That is, they do not use clinical experience and, as has been noted in the area of medical education, they are increasingly encouraged not to.

Finding Guidance

I'm an advocate of learning. This means being aware of what's new and then changing to accommodate novelty. We seek outside help when we can't learn what we need. With regard to our health, we seek medical help when we can't heal ourselves.

Medical help is increasingly less interested in providing us with knowledge. As standard medical care becomes increasingly formulaic, medical authorities become close-minded to their own observations. Learning stops. This approach is institutionally endorsed. Institutions, as you know, are not primarily concerned with your healing.

There are some authorities who are testing new ideas. These would not be important in a field where the solutions were known, but here the solutions are not known here. The institutions most doctors look to for direction must be recognized as slow, biased, morally compromised, and error-prone.

We're told that medicine is a science but it is not. It fails nearly every test of science as it lacks the freedom to explore the unknown. The only reason medicine makes progress is its connection to medical research and a "leakage" of creativity into an otherwise static field. This is indirect and heavily subject to hierarchical control. In the area of institutional control your health is a political issue that's seen in terms of power, money, profit, and the advantage of others.



Teaching Myself

If you want to heal, you can't presume it's going to be automatic. You have to learn how to heal and each illness is different. One of the first lessons is being discerning about what advice to follow. In many cases, especially in the most dynamic of issues and with conflicts of interests, the most obvious voices are the worst source of information. In this case, the whole of mainstream media should be avoided. There are no "fact checkers." Do the fact checking yourself. Go to the original sources.

I've been following the science of Covid-19 for two years since I contracted what I believed to be Covid-19 in March of 2020. Some of the science has progressed from theory to experiment but most conjectures that we hear are based on observation alone. The institutional narrative continues to confuse, mislead, and in many cases cause harm.

It is statistically difficult to reach valid conclusions based solely on data no matter how large the data sample. It's for this reason that statistical techniques are used, such as randomizing and testing different groups within a population. It's essential that you know the size and independence of the populations used in any test. It's essential that you understand the basic statistics used in forming a conclusion. You must learn basic statistics.

Using basic analysis and discretion will increase your trust in experimental answers, but these "conclusions" are entirely different from the explanations that are being tested. Explanations are theories. Observations can suggest theories but you cannot reuse the observations that suggested an idea in order to substantiate it. When someone tells you that such and such is the case because they saw it, this is nothing more than idea.

Today I watched Stew Peters interview a doctor who claimed that the mRNA vaccine was causing visible deformations of red blood cells (<https://www.bitchute.com/video/XLatr8YZkrYt/>). The

doctor presented a photo showing the claimed difference between healthy unvaccinated blood and unhealthy vaccinated blood. There was no experiment, no theory, no statistics, no control, and no data.

Both were aghast at the purported damage the vaccine was doing but, without any data, the photos mean nothing. These were supposedly intelligent people, though Stew Peters admitted that he was a college dropout. The doctor, if she even was a doctor, had nothing to do with the photographs and could not provide any verification of them.

Most doctors make poor scientists and, when outside of their clinical experience or scientific training, should be ignored. Lacking confirmation, most journalism should be ignored as a matter of course.

The public health directives have not changed much since the beginning of the pandemic. They started out untested and uninformed and are still uninformed. Some theories are being tested, but the new knowledge is unreported, censored, or ignored. As a result, public health recommendations have little relation to personal or public health. It's fair to say many public health directives are dangerous.

Government-suggested protocols are supposed to recommend scientifically tested, clinically consistent observations but they are not. Most doctors I've spoken to are reluctant to say what they know or what information they're using. This violates trust and undermines the medical system. Some organizations are following clinical protocols, such as [those put forward by the FLCCC](https://covid19criticalcare.com/covid-19-protocols/) (<https://covid19criticalcare.com/covid-19-protocols/>).



Breathing

My problem appears to be one of poor pulmonary function. I was discharged from the hospital with an unlimited supply of supplementary oxygen but without support or direction. Friends in health care have forwarded me useful directives on pulmonary recovery (Jin, et al., 2021; Nici, et al., 2006). The first is

a professional paper published by the American Thoracic Association, the second is from Johns Hopkins and specifically addresses respiratory distress in recovering Covid-19 patients.

“Anyone can benefit from deep breathing techniques, but they play an especially important role in the COVID-19 recovery process.”

— from Coronavirus Recovery: Breathing Exercises,

(<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-recovery-breathing-exercises>)

Both of these publications endorse the idea that one has to take some initiative in order to regain function. There are exercises and a routine one should follow. Breathing is under your voluntary control, so you need to exert voluntary effort to regain control after it's been lost.

Everything your body does affects your awareness, and anything you're aware of has some effect on your body. This is the basis for medical hypnosis. Your mind and body collaborate to function at their best. This doesn't mean you have complete intentional control, but it does mean your mind plays an essential role.

In my case, the trauma of illness and treatment caused parts of my body to forget how to breathe. The muscles in my stomach and chest are essential for proper breathing. My diaphragm plays an essential role as does the movement of my viscera. My lung's tissues both absorb oxygen and release carbon dioxide. My heart should synchronize with my breath. This synchrony is almost under voluntary control.

My external muscles and my diaphragm seem to have lost coordination. My diaphragm behaves erratically, reacting to trauma by seizing. There are various aspects of the lung that can fail to perform, everything from failing to inflate, being obstructed by mucus, having liquid in the alveoli, and lacking in flexibility.

We can feel some of these things, and those that we cannot feel we can imagine. Using imagination has a direct and immediate effect on muscles. You can relax, release, and engage muscles using your imagination even if you don't have voluntary control over those muscles. It's been found that imagining movement triggers the same areas in the brain as performing those movements.

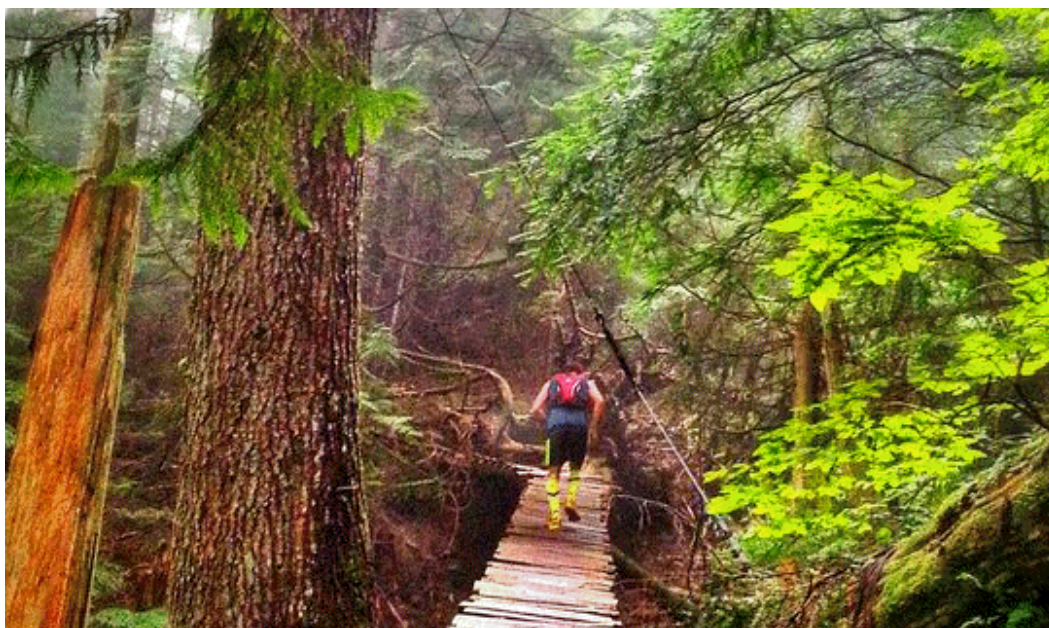
You can test this for yourself, as you undoubtedly already have. By imagining the contractions of your large intestines you can activate your large intestines and feel the urgent need to defecate. You do this using your imagination.

I need to retrain my diaphragm, my ribs, back, and stomach. Instead of taking short, raspy breaths—as I did when my lungs were in distress—I need to return to smooth breathing that is more forceful on the inhale and relaxed on the exhale. My lungs cannot perform correctly if my muscles do not support them.

Having this direct experience, the experience of needing to coordinate voluntary and involuntary processes, has provided me with greater insight into how hypnosis provides benefits to medical

conditions. It suggests that by imagining what your body is not doing and imagining that you can do these things, you will have an effect.

This is what I need to do to coordinate the various actions that contribute to efficient breathing. I suspect something similar plays a role in healing other systems in the body. I suspect there is no system, and no disease, that is unaffected by one's imagination.



Hypnosis

There are examples of pain being remediated through focused relaxation. There are many examples of the autonomic systems being dramatically changed by the use of hypnosis (Ewin and Eimer, 2006). I suspect any chronic conditions may be improved through the use of focused attention and imagination.

Hypnosis takes this to another level because in hypnosis you seem to be in a deeper connection with your autonomic functions. We've heard stories of people healing themselves with prayer or meditation. I personally know of a [therapist who cured her advanced cancer](#) using self-hypnosis.

Recovering from Covid confirms for me the role of focused intention in healing illness. Consider for yourself how you try to "feel better" when you're ill. You try not to imagine yourself getting sicker but getting better.

How much more effective would you be if you had a deeper connection between your imagination and your disabled body?

I am interested in working with people who are ready to visualize their chronic disease. If you are ready to elevate yourself to a higher plane of health, or if you're ready to do battle with the shadow that is affecting your body, then [contact me through my webpage](#).

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