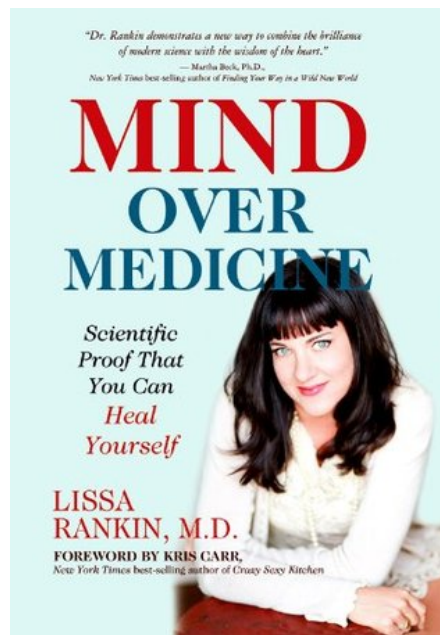




Mind Over Medicine: Scientific Proof That You Can Heal Yourself

Lissa Rankin

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Mind Over Medicine: Scientific Proof That You Can Heal Yourself Lissa Rankin

We've been led to believe that when we get sick, it's our genetics. Or it's just bad luck—and doctors alone hold the keys to optimal health. For years, **Lissa Rankin, M.D.**, believed the same. But when her own health started to suffer, and she turned to Western medical treatments, she found that they not only failed to help; they made her worse. So she decided to take matters into her own hands.

Through her research, Dr. Rankin discovered that the health care she had been taught to practice was missing something crucial: a recognition of the body's innate ability to self-repair and an appreciation for how we can control these self-healing mechanisms with the power of the mind. In an attempt to better understand this phenomenon, she explored peer-reviewed medical literature and found evidence that the medical establishment had been proving that the body can heal itself for over 50 years.

Using extraordinary cases of spontaneous healing, Dr. Rankin shows how thoughts, feelings, and beliefs can alter the body's physiology. She lays out the scientific data proving that loneliness, pessimism, depression, fear, and anxiety damage the body, while intimate relationships, gratitude, meditation, sex, and authentic self-expression flip on the body's self-healing processes.

In the final section of the book, you'll be introduced to a radical new wellness model based on Dr. Rankin's scientific findings. Her unique six-step program will help you uncover where things might be out of whack in your life—spiritually, creatively, environmentally, nutritionally, and in your professional and personal relationships—so that you can create a customized treatment plan aimed at bolstering these health-promoting pieces of your life. You'll learn how to listen to your body's "whispers" before they turn to life-threatening "screams" that can be prevented with proper self-care, and you'll learn how to trust your inner guidance when making decisions about your health and your life.

By the time you finish *Mind Over Medicine*, you'll have made your own Diagnosis, written your own Prescription, and created a clear action plan designed to help you make your body ripe for miracles.

Mind Over Medicine: Scientific Proof That You Can Heal Yourself Details

Date : Published May 7th 2013 by Hay House, Inc. (first published January 1st 2013)

ISBN :

Author : Lissa Rankin

Format : Kindle Edition 259 pages

Genre : Health, Nonfiction, Self Help, Psychology, Science



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Yelania Nightwalker says

Desde siempre me ha llamado la atención el hecho de que los padecimientos del cuerpo puedan ser un reflejo de las condiciones de nuestra vida diaria (algo que se vio confirmado cuando hice la maestría en psicología) y ese fue el motivo por el cual decidí leer este libro, que sí, se aleja mucho de lo que tanto ustedes como yo estamos acostumbrados a ver reseñado en el blog.

Supongo que en algún momento han escuchado de personas que se curan de la noche a la mañana de enfermedades complicadísimas (o tal vez no), pero apuesto que sí hemos oído hablar del efecto placebo. ¿Cómo es eso posible? ¿Cómo puedo tomarme una píldora de "mentiritas" y sanar? La repuesta es sencilla: creyeron que iban a sanar. Confiaron en que estarían bien. Esa convicción de que estarían de maravilla fue lo que les hizo sentirse mejor. Lamentablemente, también existe el opuesto: el efecto nocebo, donde las creencias negativas hacen de las suyas y terminamos enfermamos. Personalmente, no tenía idea de que esto tuviera siquiera un nombre y mucho menos que pudieran escribirse capítulos de libros sobre ello, pero me ha interesado especialmente porque he tomado conciencia de actitudes que de una u otra manera —y sin haberlo deseado— me han hecho enfermar.

Esto me lleva a otro punto que trata la autora en este libro, y es, el cómo hemos sido moldeados desde el vientre materno, es decir, que todo aquello que experimentamos en nuestros primeros meses de vida dentro del cuerpo de nuestra madre afecta la programación que recibimos para enfrentarnos al mundo y sobre todo, a nuestra salud. Y sin dejar de lado que los primeros seis años de vida son también fundamentales en nuestra preparación para responder a los estímulos del medio que nos rodea.

Entonces, se preguntarán, ¿para qué me sirve este libro? En ***La mente como medicina***, la dra. Lissa Rankin pone de manifiesto esas actitudes con las que hemos sido programados, lo que nos permite tomar conciencia de aquello que estamos haciendo equivocadamente... pero más que eso, nos presenta al final, una serie de reflexiones, anécdotas y propuestas de cómo mejorar nuestra salud con ese cambio de hábitos y actitudes. Lo que más me ha sorprendido es que en realidad no son nada del otro mundo y más que complicarnos la existencia podemos incluirlos en nuestra vida diaria y empezar a sentirnos mejor.

En resumen... La mente como medicina no es una guía mágica, sino una lectura que nos permite ser conscientes de las actitudes negativas que infligimos en nuestro cuerpo y cómo ellas nos afectan tremendamente, sin embargo, hay maneras sencillas con las que podemos sanar y mejorar nuestra calidad de vida y por eso son presentadas acá, de una forma sencilla, directa y sin tapujos. Recomendado.

Zaher Alhaj says

This book is a remarkable step towards healing our modern flawed health-care system. I really fed up with how the physicians are treating us as "a bunch of cells" or "Merely Flesh", not as whole-human being who has: Body, Mind, Heart, and Soul. No Mind-related, Heart-related, nor spirit-related questions..just pure physiological questions, as if they are fixing out a damaged machine,,
To get the maximum of this book try to integrate the practices of this book with a Mindfulness program, a lot of wonderful resources out there, like: Mark Williams's "Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World", or the works of the modern mindfulness founding father Jon Kabat-Zinn
In as nutshell (IMHO), trying to heal yourself without being mindful and not embracing the present moment is totally futile!

Enjoy the journey my dear empowered patient fellow :)
Zaher,

Charlene Carr says

This was a really interesting book, which brought up a number of concepts and ideas regarding the body, healing, and stress that I hadn't thought about on a deep level before but that really rung true for me.

The first 2/3s of the book were a little heavy on the examples, and I would have enjoyed more 'meat' sooner BUT I am definitely glad I read this book and have already started implementing many of the suggestions to improve my life and heal myself. It's a scary thought and process, the idea of my body being able to heal itself, with what I do and don't do influencing that possibility and brings up feelings of fear and guilt, which can go against the whole premise of the book of letting go of stress and worry (and in turn the responses they create in our body) but I felt the author addressed this fairly well in the book as well.

Worth a read.

Gina says

Okay, so I'm lying. I didn't finish this book.

The concept is fantastic and incredibly intriguing. And many of the early examples of the mind triumphing over serious disease are mind-boggling.

I just felt like the same concepts were written about over and over again and that many chapters could have been a lot shorter. Basically, I got incredibly bored with this book and skimmed through the latter portion.

I'm glad I got it though, and expect I will refer back to it from time to time. Ultimately though, I didn't get much more out of the book than I did her TED talk.

Damaskcat says

An interesting book written in an enthusiastic style by an author who has experienced healing in her own body by changing her lifestyle and her thinking. Many people do not accept that the mind can heal the body and conversely that the mind can make the body suffer physical illness. Many others feel that to suggest to

someone who is ill that it is their brain which has caused the illness is not productive or helpful.

Modern medicine can only go so far in curing illness and it is the powerful healing processes in the patient's own body and mind which need to be harnessed to produce a cure. The author quotes scientific research and personal experience as well as individual cases which show how the body and mind interact to produce both illness and 'wellness'.

Optimistic people seem to live longer and have fewer health problems than the pessimists amongst us. Studies have been carried out among groups of people who all have the same living conditions – e.g. nuns – and the optimists amongst them lived several years longer than the pessimists and had fewer illnesses and health problems.

Maybe more work needs to be carried out to assess whether we are seeing cause and effect here – or something else but the studies the author quotes from are at the very least persuasive. One thing about being an optimist is that you are likely to enjoy life more even if you are ill. I was particularly struck by two cases the author quotes of children – one recovered from an apparently incurable cancer and the other who died. Happiness, hope and disappointment seem to have played a part in both cases.

The author offers many suggestions about how you can improve your own health in some comprehensive appendices. There are many notes on the text of the book if readers wish to follow up any of the sources. If you are interested in the mind body connection then this is a fascinating book.

Suzanne says

3.5 Since I believe completely in the mind-body connection, Dr. Rankin was pretty much preaching to the converted here, but it is interesting to get the details about how stress and its opposite, "the relaxation response," cause specific physiological changes in the body that can cause /contribute to or help heal illness. The doctor cautions against thinking that already-entrenched serious disease can be cured through the techniques she illustrates, and makes the distinction between "curing" and "healing." She addresses the book to 1) those who are already ill and wanting to take a proactive part in their own healing as much as possible (working in concert with a supportive, enlightened physician), 2) those who aren't diagnosed with an illness, but know they aren't that well, either, and want to improve their health, 3) those interested in preventive methods to maintain good health.

The basic argument: the body has a strong natural healing mechanism, but that mechanism only works if it can maintain its "natural state of physiological rest." Dr. Rankin cites studies that led her to believe this is true, including studies on the placebo effect, the importance of optimism, and the efficacy of nurturing care (opposed to just clinical care). The mind can heal the body, she claims, but not as "some New Age metaphysical thing. It's simple physiology."

On page 77-78 she explains in detail how negative emotions, which include fear, anxiety, resentment, loneliness, depression and anger, trigger "the HPA axis" [hypothalamic-pituitary-adrenal] in the brain, leading your mind to believe you are in danger (whether you actually are or not), setting in motion a cascade of physical events. The hypothalamus activates and releases certain hormones, stimulating the adrenal gland and the release of cortisol, epinephrine and norepinephrine. These in turn create many immediate metabolic changes such as constriction and dilation of blood vessels in various organs and body parts, liberation of glucose into the bloodstream, an increase in stomach acid and suppression of the immune system, all in an attempt to ready the body to concentrate its resources for an anticipated fight or flight. These "stress

reactions” were designed to be triggered only rarely, such as “Oh, look there’s a bear! —and it’s coming this way!” But the conditions of modern life can keep us in a constant uproar that swamps our emotions and, by extension, our physical systems. Repeated stress reactions exhaust these systems and also prevent the body from being able to relax, which it must do to repair damage that might be occurring from toxins, mutating cells, infections, and the like.

Pages 135-136 explain the “physiology of happiness” in much the same terms: the hormones and neurotransmitters involved in positive feelings and how they affect things like blood flow and the immune system.

In addition to helping us understand the details of the mind-body connection, Dr. Rankin lays out techniques for counteracting the stress response and “writing your own prescription” for pinpointing emotional issues that may need to be resolved, taking action to address them (often very difficult tasks, she admits), and finding ways to balance your life in important areas such as work, relationships, spirituality, sexuality, and creativity, for optimum happiness, relaxation, and health.

Whether these ideas work for everyone or not, I liked this book for its attempt to counteract the learned helplessness that can afflict those who are unwell and its emphasis on encouraging people to approach their health with a sense of control in a positive, proactive way. Dr. Rankin makes it clear that miracles cannot be counted upon, but presents credible evidence that diligent efforts to be mentally, emotionally and spiritually healthy can often translate into much better physical health as well.

The doctor shares her own story and extensive and detailed prescription. A few items I will borrow, a few I already do.

Under “Physical Health”

- Hike or practice yoga 1 hour a day (OK, how about 45 minutes several times a week)
- Sleep 7 hours a night (have to anyway to avoid zombie-like behavior)

Under “Environment”

- De-clutter my life (working on this--slowly)

Under “Creativity”

- Write more (creatively, for me, not business writing for clients)

Under “Mental Health”

- Keep a gratitude journal (a great idea).
- Dance. Often. To loud music. (I can do that)

Cloris Kylie says

In Mind Over Medicine, Scientific Proof That You Can Heal Yourself by Dr. Lissa Rankin, taking care of ourselves takes on a whole new meaning.

I chose to read this book because I listened to Lissa speak at the I Can Do It Conference, and was awestruck at the stories of spontaneous remission that she shared with the audience. In her book, Lissa relates many more examples of self-healing, including an HIV-positive patient who became HIV-negative, a woman

whose metastatic cancer resolved spontaneously, a man whose brain aneurysm disappeared, and a man with a gunshot wound in the brain who recovered without treatment. Many of us know about Anita Moojani's miraculous recovery from end-stage lymphoma weeks after having a near-death experience. Incredible but true.

It's not all about our power to heal ourselves, however. We can also make ourselves sick by thinking sick. This is something I have experienced firsthand, and the reason I stopped reading the side effects when I am prescribed a medication!

Making ourselves sick goes beyond reading about side effects or overdoing it on Dr. Oz shows. If our spirits are hurting, our health will also hurt. If we are driven by our egos, we are likely to experience perpetual stress-responses, and if we're always preparing to fly or fight, our bodies won't have time to repair themselves. This goes back to the fact that negative energies weaken us (as Dr. David Hawkins proved through kinesiology tests.) If we are overtaken by anger, sadness, and fear, our bodies will respond in angry, sad, and fearful ways.

So, what do we do?

Connecting with Spirit is one of the answers. If we nullify the negative energies by replacing damaging thoughts with healing thoughts, we will already be on our way to perfect health.

Is this enough? According to Lissa, there is one more component to self-healing: Nurturing care. As Lissa expresses, "When you find your tribe, feel loved, and surround yourself with people who know your heart and accept you just the way you are, you optimize the body's capacity for self-repair and make your body ripe for miracles."

Lissa talks about her own awakening, when she ignored the whispers of her body until the whispers became screams for help. She stepped away from her medical practice in San Diego and moved to a small town so she could reclaim her True Self. Now, she has started a health revolution that is likely to change the way many of us view healing and medicine.

Mind Over Medicine is a call for doctors to modify their approach to healing, and a call for us to reclaim our innate power to heal ourselves. The message is clear: We can tap into a state of pure wellness now.

For more information, check my blogspot blog: [selfactualizedlife](http://selfactualizedlife.blogspot.com).

♥ Ibrahim ♥ says

Dr Rankin, You went through a severe crisis time in your life and you turned your back on medicine? How can you do that? I am shocked by what you did. Yes, I believe in mind over medicine, but I am appalled by what you did to your own medical career. You could have continued in spite of it all... but, instead, you say: I started waking up from the deep anesthesia my medical education and years of practice had induced, in my groggy haze, I began to see the light. What light?! Light of practicing "mind over medicine" instead of practicing medicine itself? You got burnt out, I understand and sympathize but you quite the job and throw it in the towel? I can't accept that from you.

Andrea says

Book: Mind Over Medicine by Lissa Rankin, M.D.

As soon as I glimpsed this book's title, I was interested in reading it. I've always been a believer that the power of the mind can make it possible to self heal. And it was with no surprise that I found this book actually reinforces my beliefs that we can, with the right mind set and the right environment, be a catalyst in developing our own good health.

This book brings in scientific studies to prove we hold the key to improve our health; at the same token, we can make ourselves sick by believing in sickness and nurturing hopelessness. By no means Lissa Rankin suggests for us to ditch the doctors and just think healthy thoughts, but together with positive thinking, the right therapy (alternative or otherwise) and the right environment, cure is possible.

Even the wrong medical provider can sabotage a good cure. It actually happened to me. In two separate occasions, when I didn't like the doctor I was seeing (not enough caring, no good rapport), my treatment didn't yield good results. When I had to seek for a second opinion and actually had a great interaction with the new doctor, the treatment was totally successful because I believed the doctor was capable enough to cure me, and I knew it was going to be alright. Lissa highlights several similar situations in her book, and also tells her own story.

Positive thinking can improve your health, and several factors in your life are also important for your health to thrive. Great examples of health nuts whose health was not OK because they were involved in bad relationships, or unsatisfying and stressful jobs, or something else that aggravated their health no matter what they did externally, illustrates the chapters. If, internally, you're not in peace with yourself and your world, you won't reap all the benefits you could from exercise, diet, etc. Doctors, teachers and parents should read this book and apply the advice given here. It should be mandatory reading!

FTC Disclosure: I received this book for free from Hay House Publishing for this review. The opinion in this review is unbiased and reflects my honest judgment of the product.

Andy Nieradko says

The intriguing title Mind Over Medicine scared me a little at first. I'm a big believer in taking responsibility for one's health, but I worried that the book would take a blaming pointing finger approach. I stopped worrying after visiting the website mindovermedicinebook.com and read more about Lissa Rankin, M.D. This book is fantastic, she takes the reader along on her personal journey as a medical doctor who came to understand deeply the link between our emotions and our health. She does a wonderful job of clearly proving that "we store our issues in our tissues" isn't just new age woo-woo, but a physiological fact. There are case studies presented that will inspire, as well as some that will just plain tear your heart out. The mind's important role in healing is thoroughly explained, and many different recovery options are explored. This book is full of valuable information about the dangers of the stress response and the necessity of the relaxation response, as it relates to a long, healthy life. The ideas presented by Dr. Rankin are profound, empowering, and could very well change the way medicine is practiced. Let's hope so. I received this book for free from Hay House Publishing for review purposes.

Kailey (BooksforMKs) says

This book is such a powerful tool for reexamining your life and your health, and how your mental health and stress responses will affect your health. I love that it is full of scientific facts, and medical studies, but is easy to read. There are simple, actionable plans for bettering your life, empowering your immune system, and find real ways to be healed.

This book asks some tough questions, but provides a clear path toward wellness, and is full of positive truths for healing.

I took a whole notebook full of notes, and this book has set me on a journey to find a personal truth and wellness.

Luc Therrien says

I was looking for this book for a long time. I'm into spirituality and metaphysics, the woo-woo stuff she alludes to in her book. I work with people who want to improve their life and I was looking for ways to merge the materialistic scientific paradigm with the more esoteric worldview of spirituality as I believe they complement each other. I found this in these pages. Thank you Lissa for birthing this one!

Anwaar says

you can safely divide this book into two parts:

the first part is where Lisa lays out her theory and strengthens it with various studies and her medical background, starting with a bunch of stories about spontaneous remission, going through the placebo effect, the Nocebo effect, the physiology of our thoughts and feelings and finishing with talking about doctors_oh my, doctors_ I believe the first part of this book should be studied in med schools, and practiced in hospitals (and she showed a very good example of how to do that) practicing medicine is a bit more than a bunch of chemicals and a scapula, in fact I think that's is the smallest part in it. giving that we are stuck in a corner where we are just dealing with the symptoms of a lot of modern day sicknesses, helpless when it comes to eliminating the causes, helpless when it comes to knowing the causes then you should really suspect something is a bit wrong.

no need to say that I loved that part of the book, the second part though, irritated me to no end.

the second part is mostly why the book is a best seller, after agreeing that chronic stress is one of the major problems health wise, activating the fight or flight response, she then starts talking about how to lose your stress, how to be _ guess what?_ happy! and instead of raving about this for a long time as I planned to do , I'll just note that along her excited efforts to help, she forgot that until we figure out a way to get all human beings to be born under the same conditions, and with the same abilities mentalities fears and desires, defining happiness, narrowing it, nothing has caused more stress and despair than that.

Toni says

I devoured this book and it is now on my Required Reading list. Lissa Rankin has done an extensive amount of research that shows, without a doubt, what we think, believe, and feel can either heal or harm our bodies.

This isn't the usual woo-woo "think positive and visualize what you want" and everything will be roses and rainbows kind of book. Lissa Rankin is the real deal. Because she's a doctor with a scientific mind, she understands the value of backing up everything she says with real peer-reviewed scientific research listed in the Endnotes section, which is nearly 20 pages long. As a former healthcare professional myself, I have already reviewed many of the scientific studies Lissa references in Mind Over Medicine, so I can attest that these studies are real, they are published in highly-esteemed, peer-reviewed journals, and they are readily available to anyone who wishes to review the studies themselves. The evidence is clear: the mind is a powerful component of our health. Being truly healthy and well requires more than regular exercise, adequate sleep, and good nutrition. Our bodies cannot heal when we are stressed out. If we want to be truly healthy, we absolutely must reduce our stress. Mind Over Medicine explains how what's going on in your mind translates into sickness or health, and what to do to heal yourself.

Erin says

FANTASTIC. I cannot recommend this book highly enough! My coach recommended this to me, and as I've had a chronic condition aggravated by stress (Lissa Rankin would probably say using the term "chronic condition" is not helpful to healing) for 16 years, I'm always trying to figure out how to heal myself with a minimum of drugs and Western medicine. But it's a struggle, because I'm in and out of remission, which can be a lonely, frustrating, isolating, scary situation. But Rankin gave me a ton of hope (which in and of itself is a huge health benefit.) I know there are other MDs that probably cover similar holistic material (Andrew Weil is one who immediately comes to mind), but I think because Rankin suffered from her own serious stressors and weird diagnoses, she understood where disease stems from. The book is exhaustively researched, making it different from books like Bernie Siegel's Love, Medicine and Miracles (which I loved, but didn't offer much in the way of science). Rankin shows study after study about how optimistic people have been chances of surviving disease, how if you believe you'll get healthier (or if you believe the opposite), you're more likely to actually get healthier (or again, sicker if that's what you believe), the characteristics of people who had spontaneous cancer remissions, how stress affects the body, why Western docs are so screwed up (and how she was one of them for a long while before she just threw up her hands and got out of the game)--there's a ton of great stuff. This might sound like woo woo metaphysical weirdness, but Rankin proves it repeatedly that it's not, just like the title says. The one thing I haven't done yet is the WORK that she assigns at the end of the book, the diagnosis and prescription for health. This questionnaire ain't no joke. But that's the beginning of healing myself, so it will get done! I'm a little scared to find out what my answers will be...

Here's a fascinating (and worthwhile) interview with Lissa Rankin on the Good Life Project:
<http://www.youtube.com/watch?v=CZ8MaL...> . It's what made me pick up the book in the first place, and I'm so glad I did!! 5+ stars.
