

The Principles of the Mind-Body Connection

5. The Gift of a DIRECTED MIND

1. Anger and resentment are physical POISONS to the body. Realize that stress is entirely a function of how you interpret events. Your thoughts create a direct physical effect on your body.
2. FEAR compromises your immune system.

Dr. Andrew Weil on stress and the mind:

“External, material objects are never causes of disease, merely agents waiting to cause specific symptoms in susceptible hosts. Rather than warring on disease agents with the hope of eliminating them, we ought to worry more about strengthening resistance to them and learning to live in balance with them more of the time.”

— Andrew Weil,
research associate in
ethnopharmacology, Harvard
University, and author of
Health and Healing, quoted
in *Who Gets Sick*,
by Blair Justice.

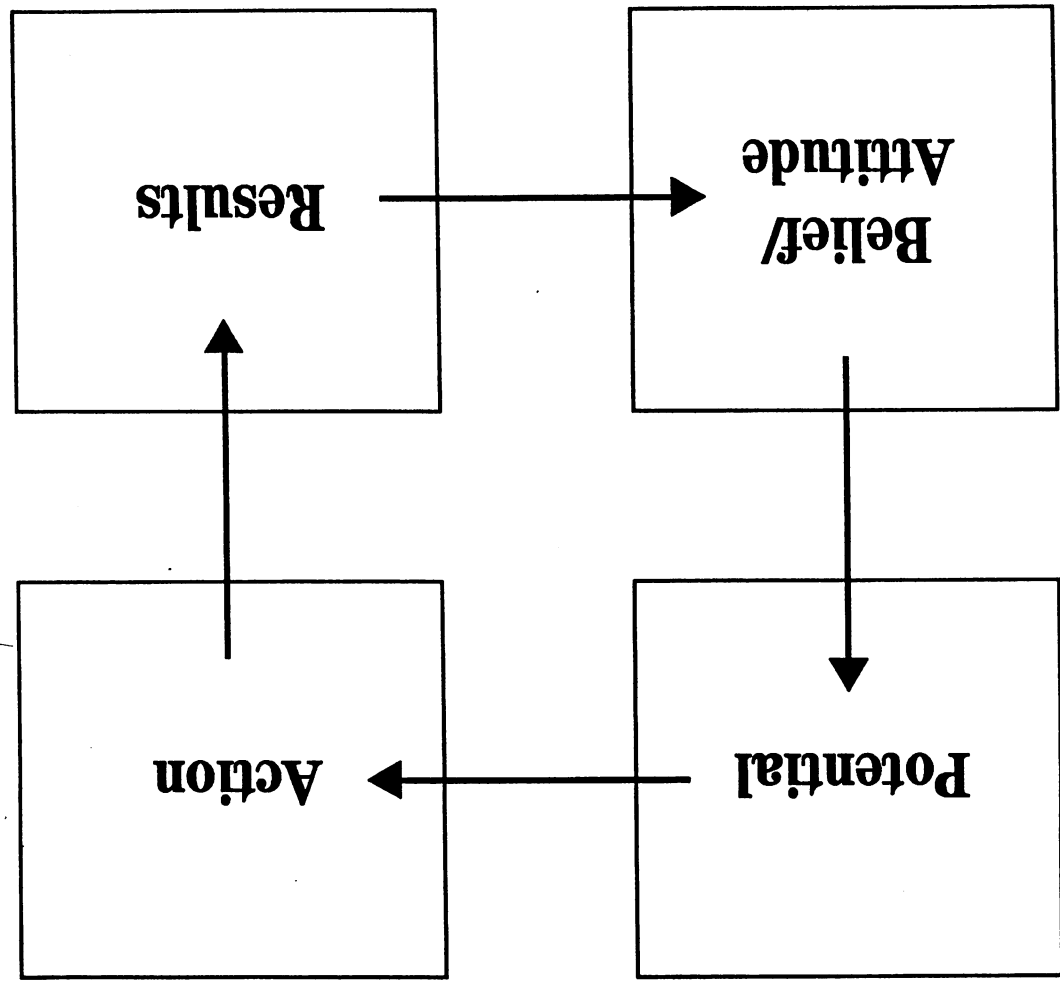
If we have poor coping skills, deficient social support and high stress, then the internal balance of our bodies may be easily upset and our resistance lowered. Illness or disease, then, occurs more from our vulnerability than from external agents that are “the cause” of our health problems. The more vulnerable we are, the more risk we run of getting sick.

The factors that place us at risk range from our attitudes and appraisals in coping with stress to the kind of food we eat and the genes we inherit. Our mind and behavior, our environment, and our genetic predispositions are the common contributors to disease.

The way we react to the daily hassles of life or to specific stressful events can mean the difference between “coming down with” an infection or remaining symptom-free. Since most of the microbes that afflict humans are already in our bodies, they play a part in disease only when other risk factors lower our immunity or otherwise increase our susceptibility. As we have indicated, a risk factor is any characteristic, condition, or behavior we have that increases our chances of getting sick. Smoking is a risk factor; so is a persistent perception of life as hopeless or uncontrollable.

— from *Who Gets Sick*, 1988, by Blair Justice

Success Cycle



BEHAVIOR

INTERNAL REPRESENTATION

STATE

PHYSIOLOGY