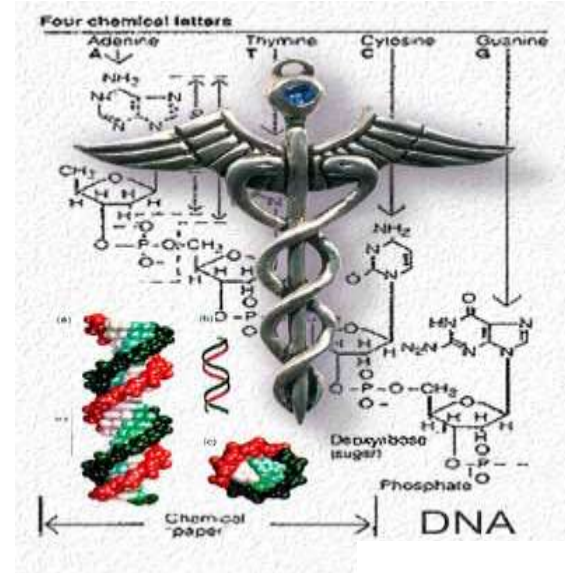


# Most Powerful 'Medicine' in the World!



MBChB FRSPH MISMA

**www.drarien.co.za**



# Placebo Effect

- Golden standard research: double-blind, placebo-controlled
- One group 'real thing' — active substance being tested
- Other half placebo (**inert, inactive**) - looks like 'real' thing
- Both groups unaware whether real or placebo ('blind')
- Researchers also unaware ('double-blind')
- Prevents researchers from unconscious bias
- Those given *placebo* treatment - dramatic, long lasting improvements in symptoms
- If people in 'real' treatment group fare only slightly better than those in placebo group - strong indication for mainstream pharmacological medicine, active substance being tested, really works!



# Placebo Effect: Examples

- Depression – 32% improvement due to placebo effect; only 50% due to drug – no side effects of placebo – knew it was not drug!
- Anxiety, Asthma
- Arthritis surgery – Mosely 2002 - powerful psychological convincer!
- Nocebo

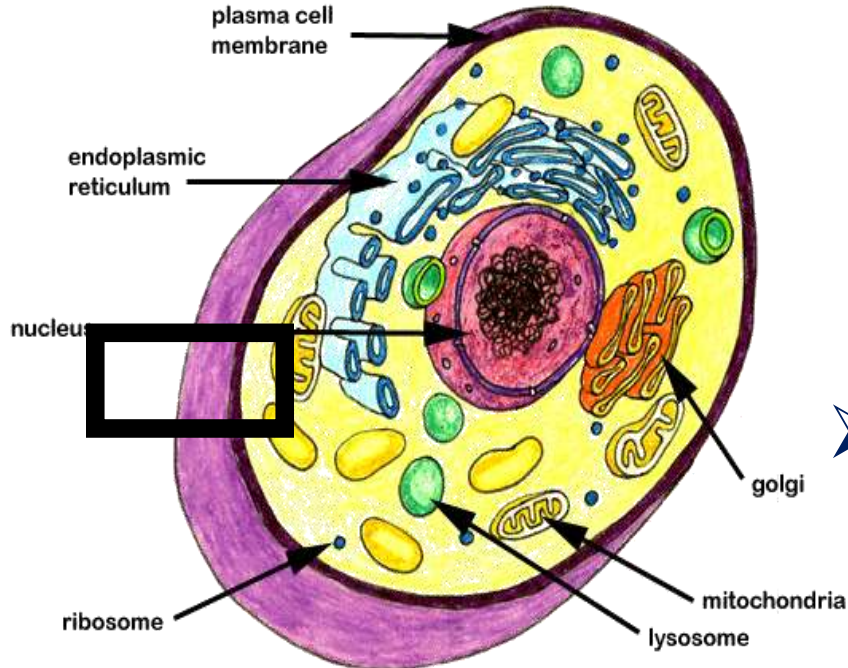


# Placebo Effect

- Placebo Effect = Belief Effect = Perception Effect!
- Healing ability of body-mind!
- Should be major topic in Med Schools!
- Doctors should be trained in power of our internal resources
- Power of mind far superior to power of chemicals and scalpel
- We have all tools for health and wellbeing inside, don't need outside intervention as though body is stupid!



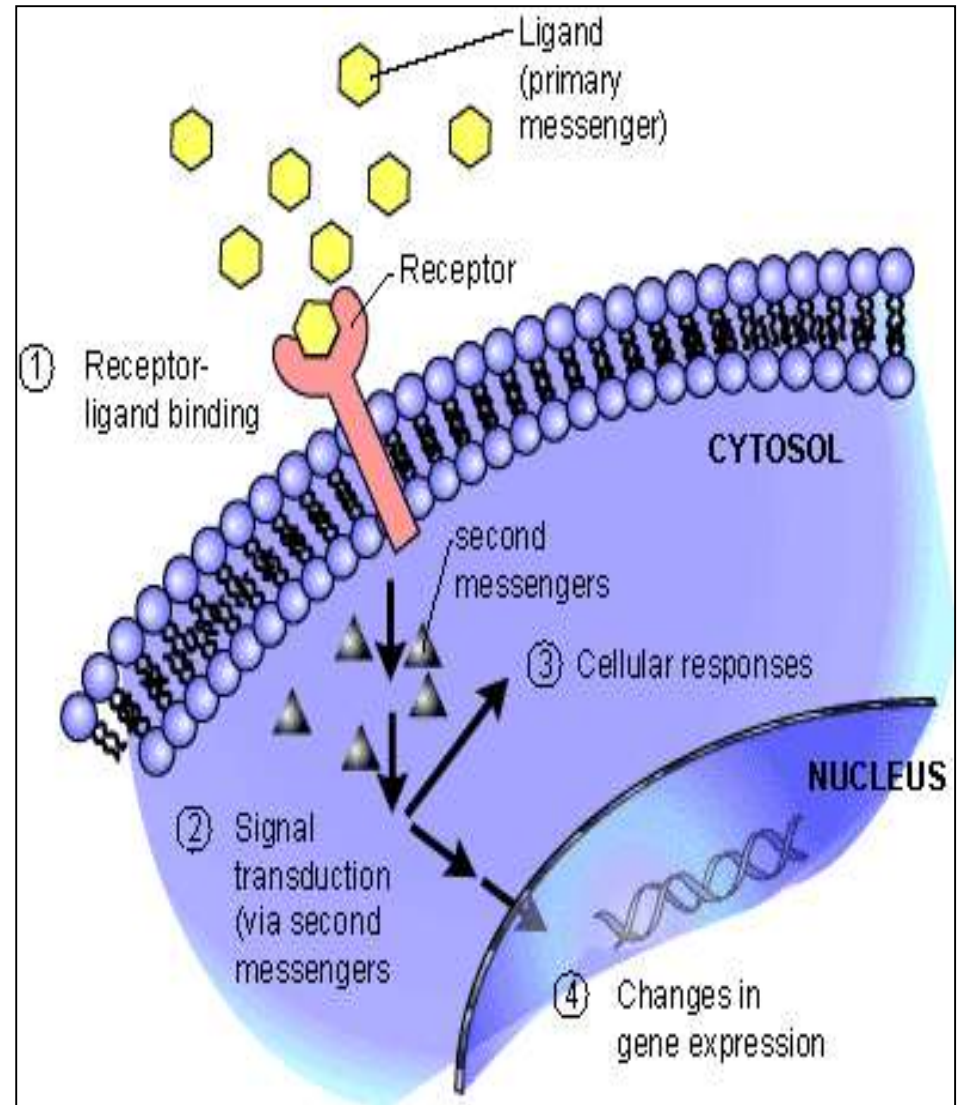
# Epigenetic structure



- **Epigenetic direct environment:**
  - H<sub>2</sub>O
  - Oxygen: Breathing
  - Nutrients, micronutrients
  - Hormones, communication
    - Thoughts, emotions: vibration of molecules of emotion (Candace Pert); spiritual aspect of wellness
  - Cell membrane: brain of cell
    - Area of hope and control
    - Not victim of genes!



# Epigenetic structure



# Thoughts & feelings



thought



feeling

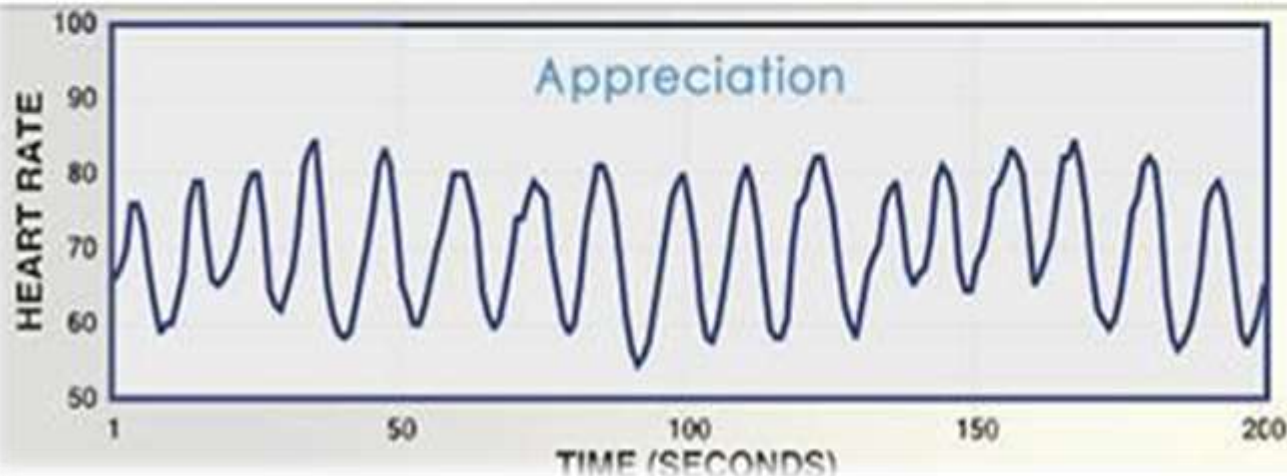
Emotion  
expressed in  
physical body

- Emotions: only 2
- 80 000 / day; 80%  $\ominus$
- ‘Neuro’ peptides:  
**information substances.**  
Thoughts, words: chemical messenger molecules of emotion, via bloodstream & matrix (connective tissue) to every cell
- Networks of habitual thoughts, feelings, beliefs, behaviour
- Neuroplasticity: new networks
- Heart as brain

# Heart rhythm patterns & emotions



Cortical  
Inhibition  
(chaos)

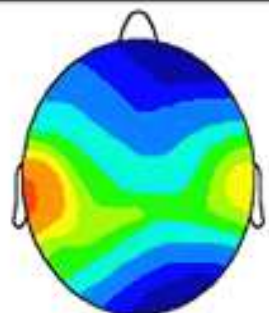


Cortical  
Facilitation  
(coherence)

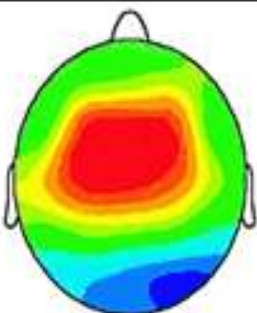
HeartMath Institute: [www.heartmath.org](http://www.heartmath.org)



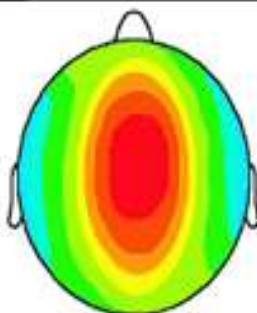
## Theta Brainwaves - Before and After Synchronization



Normal Person



After 15 Minutes



After 25 Minutes

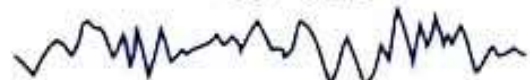
Unintelligible, unbalanced brainwave pattern with restricted thought processes. Prone to anxiety, depression, and weakened mental & emotional health.

Harmonizing and balancing both hemispheres allows the brain to work in sync, making communication of thoughts, information, and responses more effortless, efficient, and coherent. A more integrated system produces optimal performance, functioning, and mental & emotional health.

Enhanced for Illustration Purposes

0.5 - 3 Hz

Delta



Deep Sleep

4 - 7 Hz

Theta



Deep Meditation and Dreaming

8 - 13 Hz

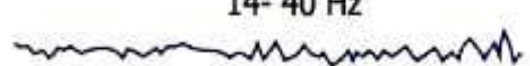
Alpha



Visualization and Meditation

14 - 40 Hz

Beta



Wakefulness

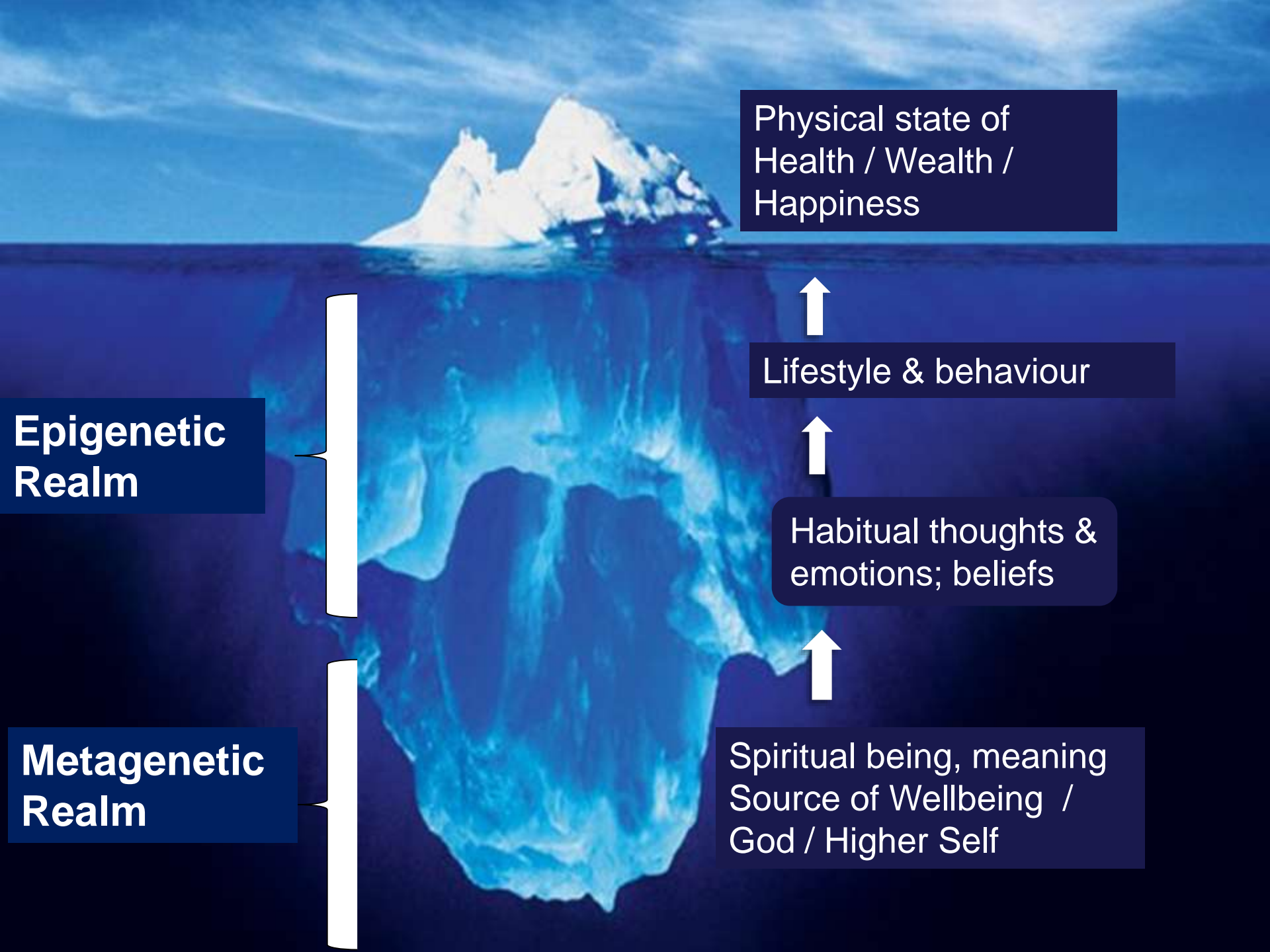
Gamma



Heightened Perception

Relaxed, aware, creative brain wave frequencies: vibrations of peptide to every single cell and its receptors – telomerase activation through thought and emotion





Physical state of  
Health / Wealth /  
Happiness

Lifestyle & behaviour

Habitual thoughts &  
emotions; beliefs

Spiritual being, meaning  
Source of Wellbeing /  
God / Higher Self

Epigenetic  
Realm

Metagenetic  
Realm

## Three Eras of Medicine

<b>ERA I Genetics</b>	<b>ERA II Epigenetics</b>	<b>ERA III Meta-genetics</b>
<p><b>body</b></p> <p>physical power body body-based impersonal subconscious mind animalistic domain of matter coding DNA nature (DNA) genetic fatalism</p>	<p><b>mind</b></p> <p>power of positive thinking head (brain) local personal conscious mind (ego) individualistic light domain (space-time) proteins (cell membrane) nurture (environment) genetic self-determinism</p>	<p><b>spirit</b></p> <p>power of positive feeling heart nonlocal transpersonal super conscious mind (Higher Self) unitarian sound domain (time-space) potential DNA consciousness "intelligent design"</p>

**evolutionary direction of medicine**



# Manage your Epi- & Metagenetic Environment

## Create a Positive Placebo Effect

- **Healthy eating**; incl. superfood choices every day
- H<sub>2</sub>O
- **Fun fitness** – dance, walk mindfully, yoga
- **Self inquiry**, e.g. ask: if this situation does not change, what quality must I embody for peace of mind?
- **Meditation**
- **Centering, breathing** – O<sub>2</sub>
- **Informational Substances**: joy, peace, love - healing messages
- **Live Blood Analysis (LBA)**: See for yourself how your cells are doing! <http://drarien.co.za/live-blood-analysis>



# Live Blood Analysis (LBA)



# Healthy Living Space

[www.drarien.co.za](http://www.drarien.co.za)

- Natural Medicine, LBA & Stress Management
- Weight Control Clinic
- Medical & Aesthetic Centre
- Timeless DNA Program
- Workplace Wellness
- Health Shop

**Tel 012 3622422**

