

YOGA RESEARCH

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Extraordinary Healing

excerpted from *Extraordinary Healing*

by Arthur Brownstein, MD

Health is your normal and natural state. This condition is founded on universal biological principles that apply to all living species, not just humans. Health is programmed into the DNA of every cell in your body and is the reason why the human species has been able to flourish and survive from one generation to the next for thousands of years. You are actually programmed for good health the day you are conceived and, most of the time, external factors create sickness.

Disease and illness not only are undesirable conditions, but they also are fundamentally unnatural and abnormal. Their existence represents a departure from the natural laws that govern normal biological processes on earth. When you become ill, it usually means that unnatural, harmful, unhealthy forces have been imposed upon your body that cause it to become temporarily imbalanced and disordered. Restoring order and balance returns your body to its natural state of health. This is the job of your extraordinary healing system, which can be thought of as the guardian of your body's health.

Even though challenges and difficulties may seem to be an almost daily occurrence, your body can rise to meet these challenges and difficulties because it has an extraordinary healing system that has been designed to sustain, repair, and correct imbalances and problems, naturally and automatically. At times, disease may appear overwhelming and all-encompassing, but your healing system can help your body bounce back to reclaim its natural state of health, even in the face of death, and at times when you have abandoned all hope.

Your healing system functions in two critical ways. In its first important role, much like a foreman at a large building site who supervises, organizes, and dispatches workers, equipment, and machinery while

he overlooks a construction project, your healing system meticulously monitors, surveys, and observes each and every part of your body to ensure that all organs and tissues remain healthy and function smoothly. It facilitates communication between your body's various systems and their respective cells and tissues. It monitors your body's complex internal



environment, where literally millions of powerful chemical reactions occur each day. Your healing system troubleshoots problems anywhere in your body. Just like a mother who cares for and looks after her children, your healing system in its protective and nurturing role safeguards the integrity of your entire body, helping maintain its natural state of health.

In its second vital role, your healing system functions like an emergency-response paramedic crew, jumping into action whenever there is a threat to your health. In this more active phase, your healing system is able to perform a wide range of diverse functions, such as dispatching nerve messages and impulses; mobilizing immune and inflammatory cells; coordinating the release of powerful chemicals that can raise body temperature,

dilate or constrict blood vessels, increase or decrease blood flow to specific areas; and performing many other vital functions. Your healing system directs the activities of the other systems in your body to cooperate with each other in providing a unified, concerted, and effective healing response.

Always remember that where there is pain, there is life. Your pain tells you that your nerves and your body's tissues are alive and well and are trying to communicate with you. It is telling you to take corrective action to restore normal function to your body. Where there is pain, there is always the opportunity for healing. Pain is not negative or punitive, but rather a positive, instructive, helpful message from your body's healing system. Pain is a consummate teacher, and you should consider it your friend, not your enemy.

Pain is always temporary and needs to be understood, not ignored or suppressed. When you suppress pain through artificial means, you are turning a deaf ear to valuable information your body is trying to share with you.

Sometimes, chronic pain doesn't have a physical cause but has its roots in deeper emotional pain. This emotional pain seeks bodily expression, which can come in the form of unbearable physical pain. This type of pain is often described as *functional*, which means that nothing structural can be found as the source, as opposed to *organic*, which means that there is a definite physical cause for the pain. You must address functional pain just as seriously as you do organic pain, and you must listen to these important messages from your body to activate your healing system and begin the healing process.

Although pain can be a living hell, it can also be a great teacher and a blessing



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SUNDAY
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Art Brownstein, MD
Extraordinary Healing
Gershon Levitt
YRS: A 30-Year Retrospective
Jingduan Yang, MD
Falun Gong

in disguise. Pain opens us up, broadens our horizons, enlarges our perspectives, expands our minds, makes us more tolerant, teaches us patience and endurance, and toughens our spirit and moral fiber. Pain teaches us compassion and understanding, and helps us to become better people. After you've been through pain and you've survived the sheer brutality of its force and power, you'll never take anything in life for granted again. As gold is purified by superheating, so too the hell fires of pain can purify your soul and make you a better, stronger, more caring person.

No matter how long it has lasted, pain is always temporary.

Diseases that are difficult to treat have always been with us, and they are challenging for both doctors and patients alike. But because you have a powerful healing system, there is another way to understand what the word *incurable* really means. A number of years ago, Dr. Bernie Siegel spoke the following words that forever changed the way I viewed the word *incurable*: "There are no such

things as incurable diseases, only incurable people." The reasoning behind this statement is that, if you search the medical literature, you will find individual cases of people who have beaten every single supposedly incurable disease in the world.

When you are confronted with the challenge of a serious disease, don't focus on the dynamics of the disease process and give your power over to the fear that is generated and reinforced by the disease. Try to understand the circumstances that might have led to the affliction in the first place. Recall that, before the affliction, your natural state was health. Do all you can to cooperate with your healing system so it can do its job properly for you. Remember that, as long as you are alive, you have a healing system with the capability to restore your body to its natural state of health.

**Dr. Brownstein will present "Extraordinary Healing"
Sunday, October 24th at the YRS 2004 Conference**