

On Sunday November 27, 2011 on the CBS Sunday Morning News show they aired a story titled [Just How Powerful IS Positive Thinking?](#) It's a fair story and reflects what research continues to show. That positive thinking has a positive effect on one's ability to make it through intense medical treatments; ie. that positive thinking supports a person and that positive thinking by itself is generally not enough to get through serious medical conditions.

As a Certified Hypnotist, I help my clients with positive thinking and understand that it must be supported with good nutrition and the other elements a healthy human being requires. We can affect our physiology with the thoughts and emotions that we feel and not feel or stuff. In the CBS story; "Dr. Barry Boyd sees a glimmer of hope on the horizon. An oncologist and director of nutrition and cancer for the Yale Health System, Dr. Boyd says that some preliminary studies show that how patients deal with stress may - just may - influence some cancer outcomes." And his is not the first research that shows this. Dr. Candace Pert, Ph.d the researcher who uncovered how serotonin operates, wrote a fascinating book called Molecules of Emotion, in which she writes about her research on neurotransmitters and how they effect one's physiology if you'd like further reading on neuro-psycho-immunology; how our nervous system and psychology affect our immune and thereby our physical systems.

There are some dangers to being overly focused on positive thinking; one is that there is the misconception that if someone does not overcome their illness they somehow were not positive enough - the reality is that we will all, at some point, move on to be in spirit form once again and our physical body will cease to support our earthly existence; another danger is the idea that positive thinking without positive changes in their nutrition, activity-level, relationships, etc can cause positive results; ie. that no change or effort will go along with the positive thinking.

If you'd like some help with positive thinking, I've got 17 years experience helping people do just that. We can work together in person, by skype or phone. Feel free to contact me at 920-819-3774 or watrish@aol.com to get started.