



As He Thinks In His Heart, So Is He (Proverbs 23:7)

Excerpts from *Common Sense Health and Healing* by Dr. Richard Schulze

Imagine the kind of constant attack your immune system has to survive and defend itself against every day. If you think flesh-eating bacteria, Legionnaires' disease and killer viral influenzas are bad, well, medical and scientific research clearly proves that your worst immune attack, your worst immune enemy, IS NOT MICROBES... but what you are thinking and what comes out of your mouth, every day.

Furthermore, one of the most healing nutrients to your body, more than vitamins, minerals, enzymes, fresh juices, even more than herbs, is LOVE.

Your brain is constantly working, night and day, 24/7/365; it never shuts down or takes a vacation. First off, it's your body's master computer console, controlling just about every metabolic function and chemical balance in your body. From your nervous system and blood balances to your sexual function and thousands of other functions that you don't even know about, your brain is the captain at the helm, creating, driving, controlling, balancing and maintaining YOU, and your entire body, every second of the day.

Scientists now know that when you have a thought, your brain creates chemicals that open what they refer to as windows. And when the thought is over, the window closes. So when you see the person of your dreams and you feel love, and you have that incredible tingling feeling all over your body, this is a brain chemical. When you feel sexual, this is another brain chemical, and when that #% @&?! cuts you off in traffic and you wish you had laser guns on your steering wheel and could vaporize this idiot, that hate, that boiling acid in your bloodstream or stomach, well, that's another brain chemical.

Scientists call these brain chemicals NEUROPEPTIDES. Science has done a lot of research on this subject for a number of years. What we know is when you have any thought, your brain creates chemicals which alter you, and what you feel is the creation and assimilation of these brain chemicals (neuropeptides).



Tommy's Window

www.tommyswindow.com

And now here is where it gets weird. Medical science made a huge discovery in the last decade that went for the most part unnoticed. They already knew that your immune cells, just like all cells, have specific loading docks on their surfaces to assimilate particular substances. But it was discovered that on the surface of your immune cells, the cells that are designed to protect you and fight off bacteria, virus, fungus, parasites, cancer—in fact, ALL disease—there is a specific loading dock, a specific assimilation site for NEUROPEPTIDES!

What business is it to your immune cells what you are thinking? Why do they care? Don't they have enough to do with all the germs floating around these days and the cancer rate skyrocketing, without having to eavesdrop on your personal affairs and private conversations with yourself? Hang on, it gets weirder.

Okay, so we know that your immune system is definitely listening to your emotional dialogue, but no cell, organ or system of your body listens to another system unless it is prepared to react to the information it is receiving. Your immune system is listening to and reacting to your emotional dialogue. This is exactly what medical science is telling us now, that your immune cells have specific receptor sites for Neuropeptides, the chemicals that your brain creates with every thought, AND that your immune cells' response to germs and disease is affected, whether boosted or impaired or even STOPPED, by these brain chemicals.

Your immune cells' response is determined by your thoughts! There are physical consequences for everything that you do, and now, it appears, for even everything that you think too.

So... Think Positively!