

Whole Health Self-Healing Kit

A companion guide to Dr. Lissa Rankin's Mind Over Medicine

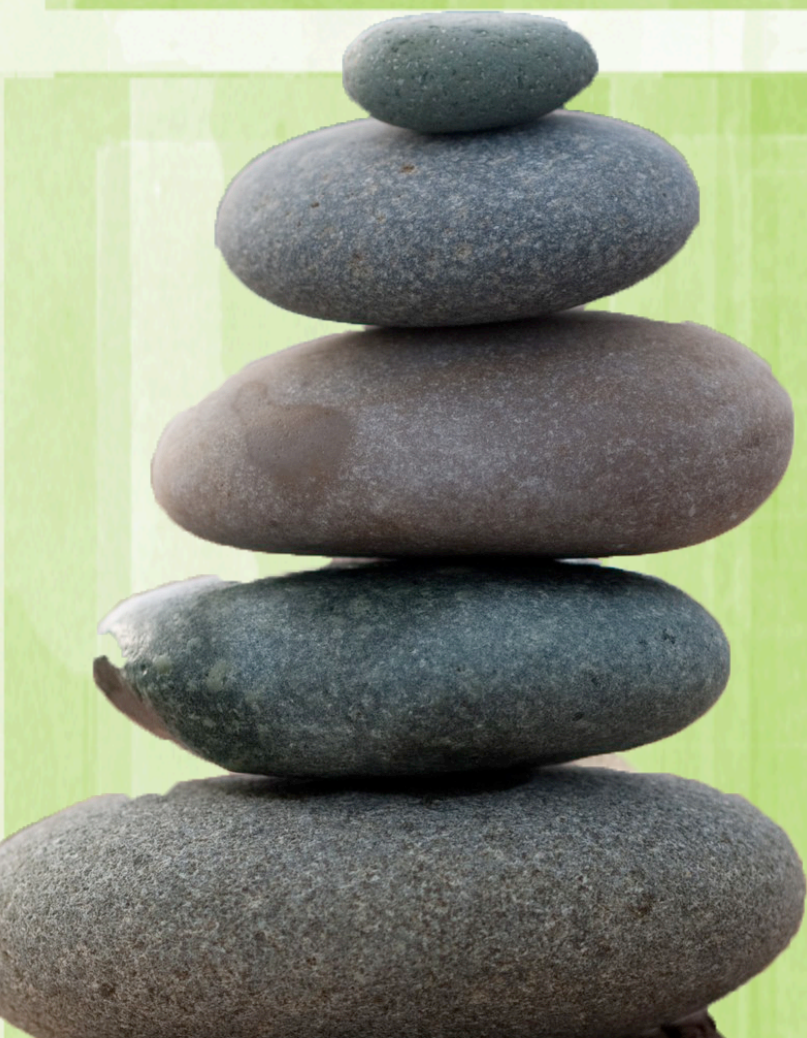


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Welcome

Dear Self-Healing Superstar,

Congratulations! I'm so delighted that you're here, embarking upon your Whole Health self-healing journey. This Whole Health self-healing kit is meant to be a companion to my book ***Mind Over Medicine: Scientific Proof That You Can Heal Yourself*** ([which you can order here](#)), but if you haven't yet ordered *Mind Over Medicine* and are curious about what I'm all about, I've also included for you the 10 Secrets To Healing Yourself as the first part of this Whole Health self-healing kit.

How To Use The Whole Health Self-Healing Kit:

- Read *Mind Over Medicine* and 10 Secrets To Healing Yourself
- Listen to the mp3 of the Self-Healing Meditation
- Learn to use the Whole Health Cairn as a tool for self-healing
- Diagnose yourself
- Write your own Prescription

Whether you're facing a life-threatening illness, battling a chronic illness that affects your quality of life, dealing with nuisance symptoms you'd prefer to release, focusing on your preventive health, or learning how you might apply this self-healing work with patients or clients, I applaud you for your commitment and courage. It's very brave to acknowledge that your body is your business and that it's your responsibility to be the gatekeeper of your mind in order to heal (which by definition means "to become whole.")

Why Healing Yourself Is Worth The Effort

It may sound radical to you, but what I've learned from the scientific literature is that caring for your body in traditional ways - like eating a healthy diet, exercising, and taking your vitamins - just might be the least important part of your health, that even more importantly, the secret to great health may lie in your mind. You may find this hard to accept. After all, you've probably listened to other doctors or read diet books or watched TV programs that tell you that



your health is all about eating the right food, getting enough exercise, and avoiding bad habits.

I'm not suggesting that those aren't great health-inducing behaviors. What I'm saying is that it doesn't matter how great your diet is if your body is flooded with stress hormones! No amount of kale is going to counterbalance the poisonous effects of high levels of cortisol and epinephrine on your body. Your body is your business because **only you** can control which thoughts, beliefs, and feelings you allow into your brain, and those thoughts, beliefs, and feelings have been scientifically proven to significantly affect every cell in your body.

Reclaim Your Wholeness

This self-healing kit is all about helping you reclaim the wholeness that is your birthright. When you do, you treat your mind and body with the best medicine by activating the body's natural self-repair mechanisms, which only function properly when your thoughts, beliefs, and feelings are healthy. When you treat yourself this way, you make your body ripe for miracles. When this happens, unexpected remissions are possible, and true vitality and whole health are within your grasp.

May these resources facilitate your Whole Health self-healing journey, and may you find not just health, but joy, inner peace, and lasting happiness.

With faith in you and your journey,

Lissa Rankin, MD

Author of [**Mind Over Medicine: Scientific Proof That You Can Heal Yourself**](#)

10 Secrets To Healing Yourself

written by Lissa Rankin, MD



If you're suffering from physical symptoms, you've been diagnosed with a "chronic" or "incurable" illness or injury, or you're just jonesing to learn how to prevent disease, you've come to the right place.

This manifesto about self-healing is for you if...

- You're sick and tired of feeling sick and tired
- Your doctor has diagnosed you with a "chronic" or "incurable" illness, injury, or disability, but the prognosis you've been given just doesn't feel true to you
- Your doctor has dosed you up with drugs, but you're still not feeling vital, and you just know there's a better way
- You know that nobody - *not even your doctor* - knows your body better than you do, and you're ready to flex your empowered patient muscles
- You believe in the mind-body connection, and you're willing to do whatever it takes to heal your mind in order to make your body ripe for miracles
- You're open-minded and open-hearted, and you're game for doing whatever it takes to finally feel vital
- No matter how serious your health condition may be, you know you're not a victim and you view your illness, injury, or disability as an opportunity for growth and spiritual awakening
- You're ready to show up - eyes wide open - and take responsibility for your health, not because you've done anything wrong or because you blame yourself, but because accepting responsibility for your health is the first step to getting well
- You know your body is a compass, whispering - or even yelling - when your life gets out of alignment with your truth, and you're willing to finally let that compass point you to your True North
- You're prepared to do whatever it takes to reclaim the vitality that is your birthright, even if it means making scary, even uncomfortable changes in your life
- You're a conscious health care provider interested in incorporating mind-body medicine techniques into your practice

- You're so ready to finally lick this illness, injury, or disability so you can:

- ☒ write that book
- ☒ get that degree
- ☒ launch that business
- ☒ have that art show
- ☒ meet the love of your life
- ☒ have mind-blowing sex
- ☒ go on a spiritual pilgrimage
- ☒ make your first million
- ☒ build the house of your dreams
- ☒ travel the world
- ☒ finally check things off your bucket list
- ☒ _____ (this is your blank to fill in!)

My Story

I'll be sharing the 10 secrets shortly, but first, I'd like to share with you a little about what inspired me to write this manifesto. As it turns out, I'm not just a doctor. I'm also a patient...

The Palpitations

I was a 24 year old otherwise healthy third year medical student on rounds in the ICU when I first felt my heart begin to pound, faster and faster. I felt a lump in my throat, my chest felt tight, I couldn't breathe, and I could hear my blood rushing in my ears. I took my pulse. It was 230 beats per minute.

The diagnosis: Paroxysmal supraventricular tachycardia

The treatment: Lay off the caffeine and keep right on seeing patients in the hospital

Nobody ever suggested that my heart might be acting up because I was being sexually harassed by the surgeon who was supposed to be my teacher.

Pain With Sex

A year later, I was at a beachfront resort, wearing a sexy black negligee and preparing to have sex with my husband. Although I was smiling on the outside, I was cringing on the inside, because having sex felt like getting stabbed with a knife.

The diagnosis: Vulvar vestibulitis

The treatment: Antihistamines, estrogen cream, antidepressants, and the option of surgery to cut out the inflamed part of my vagina

Nobody once asked me whether my vagina might be rebelling because I had married the wrong guy.



High blood pressure

When I was 27 years old, my doctor noticed that my blood pressure was alarmingly high. She referred me to a cardiologist, who ordered a whole battery of tests, which failed to reveal any explanation for my 180/100 blood pressure.

The diagnosis : Chronic hypertension

The treatment : 3 drugs that still didn't control my blood pressure

Nobody ever suggested that my blood pressure might be high because the doctors in charge of my education expected me to perform my job perfectly, without ever making an error. Plus, when I was first diagnosed with high blood pressure, I was in the middle of a divorce, and I had attended four funerals within a year.

Because I was young, thin, and had no family history of high blood pressure, the doctors worked me up for unusual causes of severe hypertension, like an adrenal gland tumor or renal artery stenosis. But all the tests came back negative. No doctor ever suggested that what was going on in my professional or personal life might be related to my blood pressure.



Allergies

By the time I was 31, I was remarried, this time to a veterinarian, and every time he came home from work and kissed me, my whole face would break out into hives, I'd sneeze 100 times in a row, and my eyes would turn beet red. Needless to say, we quit kissing.

When he'd come from work, covered in animal hair, he'd have to strip out of his scrubs in the garage, throw his scrubs into the laundry, and jump straight into the shower before he could enter the house, much less touch me. Even still, I walked around with a tissue in my hand all day and could barely leave the house, much less go on vacation anywhere that oak trees were blooming.

I was a prisoner in my own filtered, carpet-free, hypo-allergenic home, and I was still symptomatic. It got so bad, I finally went to an allergist, who poked me full of allergens and finally announced, "Congratulations Dr. Rankin! You're not allergic to Latex!" because I was allergic to everything else she tested me for - dust, mold, food, pollen, grass, animals, air.

The diagnosis: Chronic allergies

The treatment: Allergy shots and three pharmaceuticals that failed to control my allergies

Nobody ever suggested that I might be allergic to my increasingly unhappy life.

Dysplasia

By the time I was 33, I had just left my abusive second husband when I wound up with precancerous cells on my cervix. Now I needed surgery. But after the surgery, my Pap smear was still abnormal.

The diagnosis: Cervical dysplasia

The treatment: More Pap smears, possibly more surgery

Nobody ever suggested that my immune system might be shutting down because I was a total basket case.

Abdominal pain

By the time I was 35, I was married for a third time and pregnant with my first child. At 24 weeks gestation, I developed severe pain on the right side of my abdomen. The pain got worse when I leaned forward, especially when I was sitting down and leaning forward, as I would do while performing Pap smears, doing vaginal surgery, or delivering babies. But I couldn't exactly stop working.

The diagnosis: Nobody had a clue

The treatment: Deal with it and hope it gets better after the pregnancy is over

Nobody ever suggested that maybe my pain could be related to the fact that my father had just been diagnosed with a brain tumor and told that he had only 3 months to live. Plus, I was exhausted, and all my pregnant body wanted to do was sleep.



The Perfect Storm

I was just starting to get the hint that maybe my body was pissed off at me for how I had been living my life; that perhaps my body was done whispering when I wasn't listening, and it had now begun to scream.

Then my Perfect Storm hit.

In January 2006, I gave birth to my daughter via C-section, my 16 year old dog died, my healthy young brother wound up in full blown liver failure as a rare side effect of the antibiotic Zithromax he was taking for a sinus infection, and my beloved father died from metastatic cancer - all within two weeks.

Then, 8 months later, just when I was starting to breathe again, my husband cut two fingers off his left hand with a table saw.

They say that when your life falls apart, you either grow or you grow a tumor.

I decided in that instant I was done manifesting my emotional sickness physically, and instead of growing any more tumors, I was going to grow.

I had tried every biochemical treatment my doctors prescribed - drugs, surgeries, diet, exercise. Nothing worked. My health problems kept piling up. But after my Perfect Storm, I had a radical thought - one mind-body medicine pioneers have been teaching for decades but which had never been introduced to me during twelve years of medical education and ten years of clinical practice.

What if the root causes of my illnesses weren't merely biochemical? What if the solution to all my health problems wasn't more medication or more surgery or even more supplements or more vegetables or more exercise or less salt? What if I needed emotional/ psychological/ and spiritual treatment instead?





Meeting My Inner Pilot Light

That's when I decided to take my health into my own hands. A wise little voice inside of me - my inner doctor, which I came to call my "Inner Pilot Light" - started guiding me. I asked that little voice, "What does my body need in order to heal?"

The little voice said, "Stop selling yourself out. Stop trying to please everybody. Stop pressuring yourself to be perfect. Quit that soul-sucking job that is completely out of alignment with what called you to medicine in the first place. Move to the country. Reconnect with the Divine. Let your creative freak flag fly. Strip off those masks you've been wearing because you're trying to fit in. And quit apologizing for who you really are."

My first response was, "Say what, Inner Pilot Light?"

I couldn't do that! I was a full partner in a busy practice. I had a newborn, for God's sake. My husband was the stay-home Daddy. I was the sole breadwinner for our family. We had two mortgages, hundreds of thousands of dollars of medical school debt, and my husband's graduate school debt. Plus, if I quit my job, it would cost me \$120,000 to pay my malpractice tail in order to buy my freedom.

I couldn't quit my job. That would be ludicrous.

But my Inner Pilot Light said, "Are you willing to have a heart attack in your forties? **This is your medicine.**"

And I knew, deep down, it was true. If I listened to my intuition, instead of saving my patients, I would be saving my own life.

So I sat my husband down and said "I'm dying in this job. I haven't slept in fourteen years. I've lost touch with my calling. I'm selling out my integrity on a daily basis. I can't remember why I ever went to medical school in the first place. I can't be a healer when I'm expected to spend only 7 ½ minutes with a patient. When can I quit my job?"

And bless his heart, he said, "Whenever you want."



The Leap

So I did it.

Trust me when I say that healing yourself is not for the faint of heart. Making these massive life changes took some serious ovaries. We sold our bay front home in San Diego, liquidated our retirement account in order to pay my malpractice tail, borrowed \$50,000 to pay the bills for a while, and moved to a rental house in the country on the Monterey peninsula.

Once I got there, I sat on the floor of our empty house, thinking "What the hell did I just do?" I had a baby. I had no support system in Monterey. I had given up the stable income, the sense of mission, and the status being a doctor afforded. And I had no plan. Everyone I knew thought I had officially lost my mind.

The Prescription

Every day in Monterey, I got quiet and asked my body why it was really sick. My body told me I had spent way too long caring for the needs of other people while neglecting my own.

I also asked my Inner Pilot Light what my body needed in order to heal and every day I did exactly what my Inner Pilot Light prescribed.

After nine months of healing myself, my body was responding to the treatment my Inner Pilot Light prescribed, but at what price? We were running out of money, I still had no plan, and ever since I left my job, something deep and important was missing from my life. I realized that you can quit your job but you can't quit your calling. I had been called to medicine at a very young age, the way some are called to the priesthood. Medicine is a spiritual practice. You practice medicine. You don't give it or deliver it. You practice it, like you practice yoga or meditation, like you'll never fully master it.

Medicine is about love. Doctors are here to be vessels for Divine love, to use our hands to touch the spirits that live in human bodies. I was first called to be a healer when I was 7 years old, and as my body grew stronger and my heart healed, my soul yearned to get back to my life's work. I finally realized I had to go back, even though it took me two more years to find my way back to medicine in a way that wouldn't make me sick.



Medicine On My Terms

I wound up working at an integrative medicine center in Marin County, California, where our patients were the most health-conscious people I've ever had the pleasure to treat. These people were the proverbial choir. They drank their green juice every day, they had personal trainers, they slept eight hours a night, they took 20 supplements, and they spent a fortune on their health care. They did everything "right," but they were sicker than ever.

I was baffled. Nothing they taught me in medical school prepared me to take care of patients like these. I learned about functional medicine - and this allowed me to identify biochemical causes of disease some conventional doctors may have missed. Sometimes finding some previously undiagnosed hormonal imbalance and initiating biochemical treatment to correct these imbalances is like turning the lights on. A percentage of these patients think you walk on water.

But more often than not, my patients would complain of vague symptoms with no identifiable biochemical cause. Even if we could find a biochemical explanation, often, treating the biochemical imbalance failed to cure the illness.

So I started asking my patients :

"What does your body need in order to heal?"

At first, I thought they'd give me treatment intuition, things like I'll try the 5-HTP instead of the Prozac - and sometimes that's what they'd say. But more often than not, they answered me with:

I need to leave my husband.
I need to quit my job.
I need to move to Santa Fe.
I need to put my mother in a nursing home.
I need to finally go to art school.

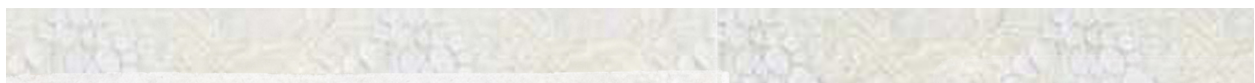
When my patients listened to their intuition and had the guts to follow through on what they prescribed for themselves, seemingly incurable diseases sometimes disappeared.

I was baffled. These patients weren't responding to medical treatment. They were healing themselves in ways I couldn't explain. I started questioning how doctors use words like 'chronic' and "incurable" or even "terminal," wondering if we were enacting a sort of medical hex on these patients, since after all, who are we to say who will heal themselves?

The Spontaneous Remission Project

That's when I discovered a database compiled by the Institute of the Noetic Sciences, which is called the [Spontaneous Remission Project](#). This database compiled more than 3,500 case reports from the medical literature of patients with seemingly incurable diseases that got better - stage 4 cancers that disappeared, an HIV + patient that became HIV-, people with diabetes or high blood pressure or thyroid disease whose disease went away, even a patient with a gunshot wound to the head who refused treatment and got better. Call these miracles or call them inspiring examples of self-healing. I was riveted.

That's when I got really curious about exactly what makes a person healthy, and what predisposes them to illness. I started digging deep into the medical literature to find out whether such spontaneous remissions were mere accidents or whether there were concrete steps we could take to make our bodies ripe for miracles. The shocking things I found in the scientific literature are all compiled in my book [Mind Over Medicine: Scientific Proof That You Can Heal Yourself](#) (BUY it on [Amazon](#), [Barnes & Noble](#), or [IndieBound](#)). But I'll give you a few Cliff notes of what scientists have been proving for decades.



10 SECRETS TO HEALING YOURSELF



Health Secret #1

What you believe about your health comes true.

The medical establishment has been proving the body can heal itself for over 50 years. We call it the "placebo effect," and we've been trying to outsmart it for decades. The placebo effect is a thorn in the side of modern medicine. It's an inconvenient truth that gets in the way of proving that new treatments are more effective than letting nature take its course.

But the placebo effect is nothing to be avoided. It's something to embrace, because it provides concrete evidence that the body is equipped with innate self-repair mechanisms that have the power to cure. We know that when patients enroll in clinical trials, 18-80% of patients get better when given a fake treatment - such as a sugar pill or sham surgery. Why? Scientists believe the placebo effect results from a potent combination, a positive belief and nurturing care, which causes real, measurable physiological change in the body. (If you're curious about the physiological mechanisms of how this happens, I share the nitty gritty details in *Mind Over Medicine*.)

While positive beliefs about your health can improve your body's physiology, negative beliefs can harm the body in equal measure. Scientists call this the "nocebo effect," and it's just as powerful as the placebo effect. So when your doctor gives you a poor prognosis or deems your diagnosis "incurable" or "chronic," the doctor may be inadvertently filling your mind with negative beliefs that harm the body. This form of medical hexing may influence your conscious and subconscious mind in ways that impede your body's natural self-repair mechanisms and make it difficult for the body to heal itself.

So tend the garden of your mind carefully. What beliefs do you have about your health?





Health Secret #2

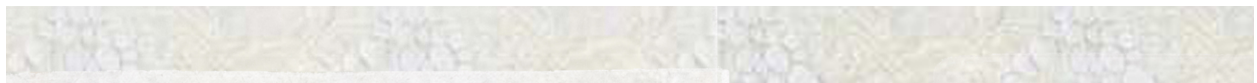
You can heal yourself, but you can't do it alone.

To say that you can heal yourself is sort of a misnomer. The body knows how to heal itself. It is perfectly equipped to repair broken proteins, fight foreign bodies or infectious agents that penetrate the body's barriers, and kill the cancer cells we all make every day. But the scientific evidence suggests that you need the care of a healer to facilitate the self-healing process - which should be good news, not just for patients, but for the medical establishment. We need not be threatened by the body's ability to heal itself. The data suggests that, as doctors, patients NEED us. But they need us to be a healing force, not a force of fear or pessimism. We need doctors to offer positive belief and nurturing care, rather than threatening us with negative news, which merely enables the nocebo effect.

This healer who facilitates your self-healing journey need not be a doctor. It could be an alternative medicine provider, a nurse, a therapist, or a life coach. The key is to find someone who can nurture you, listen to you, love you, spend time with you without rushing you, avoid projecting their own limiting beliefs and fears onto you, and genuinely believe in your ability to care for your own body. (If you have no clue how to find a healer like this, I'm training health care providers at the [Whole Health Medicine Institute](#).)

Keep in mind that I'm not suggesting you should withhold Western medical treatment. By all means, if you're in a car accident, get thee to a trauma center! If you break a bone, let your doctor set it. If you have a severe bacterial infection, accept the antibiotic. And if you have cancer, let them reduce your tumor burden so your body can naturally fight the rest of the cancer cells. Combining Western medical treatment with self-healing techniques can only make your chance for cure greater.

Never underestimate the body's capacity to enable spontaneous remission when you choose to live in alignment with your truth.





Health Secret #3

You know your body better than any doctor does.

If you're like many patients (including me back in my twenties), you may think your body is none of your business, that it's like an automobile - sometimes it breaks down, you have no clue why, and it's up to your mechanic to diagnose and treat it.

Now certainly, your doctor may know the bones of the wrist or the arteries of the heart better than you. Your doctor is more skilled with a scalpel and knows how to interpret lab results. But nobody - no matter how many fancy degrees they have - knows what's best for you the way you do. Period.

It's your doctor's job to make treatment recommendations,

to educate you about your options, to help you understand the risks and benefits of the treatment options, and then to get out of the way so you can make an informed, empowered decision about what is right for you and your body. Once you decide, your doctor may have skills you don't have to help your body heal.

But the notion that we should go to our doctors, hand over our power, and leave all decisions in the hands of our doctors is paternalistic and outdated. When you're willing to show up in partnership with your health care providers, listen to your intuition, speak up about what feels resonant with you, and request alternative treatment options if you disagree with your doctor's orders, you make your body ripe for miracles.



Health Secret #4

You are not a victim of your genes.

As it turns out, while you can't change your DNA, you can change how your DNA behaves. We used to think that our genes were our destiny, that diseases like heart disease, breast cancer, alcoholism, depression, high cholesterol - you name it - if it ran in your family, you were basically hosed. But the study of epigenetics is changing everything.

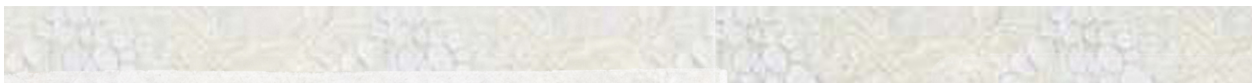
What is epigenetics? Epigenetics means "control above the genes." So what's "above the genes?" Bingo. You guessed it. The mind.

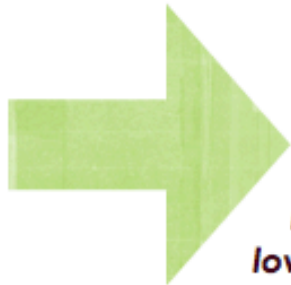
Scientists now believe that external signals - things like nutrition, the environment in which we live, even thoughts, beliefs, and feelings - can influence regulatory proteins that determine how and even whether DNA gets expressed in certain ways. In other words, it's not as cut and dried as we once thought.

Before the Human Genome Project set out to map out the human genome, biologists guessed that we would have at least 120,000 genes, one gene for every protein made in the body. So researchers were baffled when they discovered that we only have approximately 25,000 genes and each of those 25,000 genes can express itself in at least 30,000 ways via regulatory proteins that are influenced by environmental signals. (Do the math!)

There's more and more science coming out about how positive or negative thoughts, beliefs, and feelings can influence how our genes behave. How does this happen? The whole mechanism is laid out in my book [Mind Over Medicine](#) and you can read even more about it in Dr. Bruce Lipton's [The Biology Of Belief](#). But essentially, thoughts, beliefs, and feelings originating in the mind trigger either stress responses or relaxation responses that either harm or heal the physiology of the body via a cascade of hormones that bathe every cell in the body.

Sadly, most of us were not programmed to have positive thoughts about our health. Instead, from the time we are children, our minds get programmed with beliefs that sabotage our efforts to become optimally healthy and happy. Beliefs like "I'm the sickly type," "Obesity runs in my family," "People in my family die young," and "Everyone in my family gets cancer" cause the mind to trigger physiological stress responses that may actually increase the risk that such negative beliefs will come true. So tend the garden of your mind. It just might influence how your genes behave.





Health Secret #5

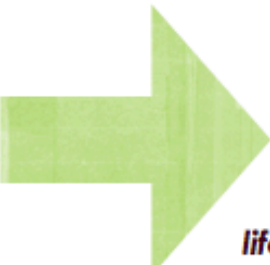
Intimate connections with friends, family, romantic partners, and other loved ones may improve your health more than exercising, eating a nutritious diet, or quitting smoking.

As human beings, our souls crave connection - and our bodies reflect whether or not we get it. In the town of Roseto, Pennsylvania in the 1950's, Italian immigrants who settled there were found to have half the risk of heart disease when compared to the rest of the country, even though they ate meatballs fried in lard, pasta, and pizza, drank wine, and smoked cigarettes. Why? They lived in multi-generational homes, gathered for community dinners, went to church together, and shared holidays. If someone got sick, needed help with the kids, or got down on their luck financially, the community took care of them.

After extensive investigation ruling out some protective genetic factor, dietary explanation, or other physiological explanation, researchers finally concluded that the people of Roseto didn't get heart disease because they were never lonely. By the 1970's, the community had disbanded, people had moved to the suburbs, and the heart disease risk of the people of Roseto increased to the national average. Scientists who studied the community concluded that the Rosetans were positive proof of the power of the clan and its effect on health. They concluded that alleviating loneliness is better preventive medicine than quitting smoking or starting to exercise.

One study examining the people of Alameda County, California found that people with the most social ties were three times less likely to have died over a nine-year period than those who reported the fewest social ties. Those with more social connections were even found to have lower rates of cancer.

In fact, a Harvard study examining the lives of almost 3,000 people found that those who gather together to go out to dinner, play cards, go on day trips, vacation with friends, go to the movies, attend sporting events, go to church, and engage in other social activities outlive their reclusive peers by an average of two and a half years. Finding your tribe and developing intimate connections is not only fun. It can also save your life.



Health Secret #6

Finding your calling and engaging in work you love could lengthen your life.

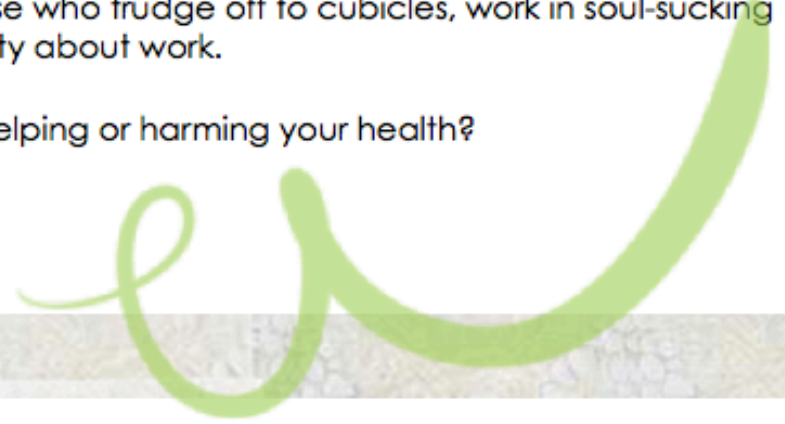
You've heard people say, "My job is killing me." But did you know it really can? In Japan, they call it *karoshi*, death by overwork. Survivors of *karoshi* victims can even qualify for workman's comp-like benefits. But it's not just the Japanese who suffer from overwork. Studies show people in the United States are even more at risk, although we don't track numbers of those who die in the United States because there are no benefits from those who die from heart attacks and strokes believed to be linked to excessive work.

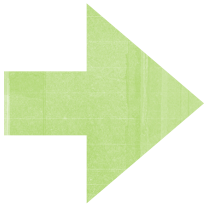
The average American only gets 14 days of vacation, and many don't even use it! For the average American, this failure to use accrued vacation time has actually been associated with early death. One study, published in *Psychosomatic Medicine* in 2000, looked at 12,000 men over nine years and found that those who failed to take annual vacations had a 21% higher risk of death from all causes, and they were 32% more likely to die of a heart attack.

It's not just how much you work that affects your health. It's what kind of work you do. Data suggests that entrepreneurship is protective for your health. For example, Summit County in Colorado, where a disproportionate number of people run their own businesses, had a mortality rate, obesity rate, and diabetes rate that were each less than half of the national average. One study published in the *Journal of Occupational and Organizational Psychology* showed that, when compared to employees, entrepreneurs had fewer physical and mental health conditions, lower blood pressure, and fewer hospital visits.

Why? Most likely it's because entrepreneurs are pursuing dreams, following callings, feeling more control over their lives, enjoying more flexibility, and doing work they love. All of these likely lead to fewer stress responses and more relaxation responses than those who trudge off to cubicles, work in soul-sucking jobs, and have a TGIF mentality about work.

So ask yourself - is your work helping or harming your health?



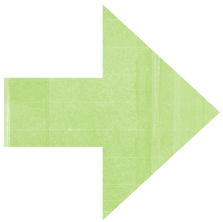


Health Secret #7

Happiness is more than just a good mood. It's preventive medicine.

Depression and anxiety aren't just toxic to your mind; they're toxic to your body. The data is clear that unhappy people are much more likely to get physically sick. Depression and anxiety have both been linked to higher cancer risk, heart disease, pain disorders, and stroke.

Happiness even affects life expectancy. Happier people live up to ten years longer than unhappy people. In fact, in one study evaluating both happy and unhappy men, among the subgroup of men diagnosed with depression by age 50, more than 70% had died or were chronically ill by 63 years of age. Those who were considered extremely satisfied with their lives had 1/10th the rate of severe illness or early death compared to their unhappy counterparts. These findings held up after screening out other contributing factors such as alcohol, tobacco, obesity, and ancestral longevity.



When was the last time your doctor prescribed happiness as a preventive medicine or treatment for a health condition? What might you do to become more happy?

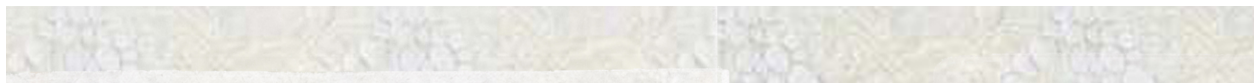
Health Secret #8

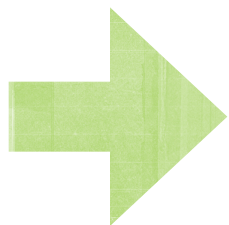
An optimistic world view protects the body.

Glass half full people aren't just more fun to be around than pessimists. They also live longer. People with a positive outlook are 45% less likely to die from any cause than negative thinkers - and 77% less likely to die from heart disease.

A positive attitude also affects our ability to ward off infection. In one study, healthy volunteers were interviewed about attitudes and then exposed to common cold and influenza viruses. Optimists were more resilient than pessimists.

Are you a pessimist? Don't worry! I share with you more data to convince you how integrally pessimism and disease are linked, as well as some of Martin Seligman's tips for converting to optimism, in [Mind Over Medicine](#).





Health Secret #9

To heal yourself, you must first diagnose the root cause of where your life may be out of alignment with your truth.

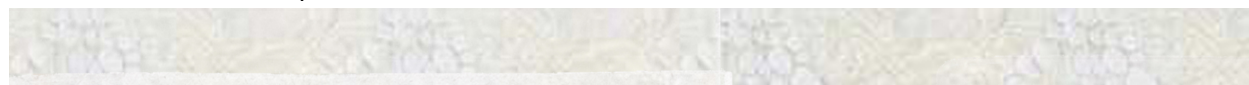
Our Western medical establishment trains us to believe that when we get sick, it's always because of something biochemical. Depressed because your mother just died? A psychiatrist will tell you it's because you don't have enough serotonin in your brain and need Prozac. Suffering from chronic fatigue syndrome? Your doctor might convince you it's solely because of reactivation of the EBV virus. Plagued with gastrointestinal disorders? You'll likely be told your bowel has too much motility or you're allergic to gluten or the lining of your gut has thinned.

But what if, at least a percentage of the time, these real physiological symptoms stem from root causes of illness that begin as thoughts, beliefs, and feelings in the mind and get converted into physiology in the body? What if the strep throat is indeed caused by a bacteria, but you became susceptible to the infection - while someone else exposed might not have - because of something in the mind that weakened your immune system? What if that cancer grew because something in your mind disabled the body's natural self-repair

Sure, illness or injury may be sheer bad luck,

in which case, going through this exercise may be a moot point. But I'd argue that 90% of chronic illnesses have, at their root, at least some element of mind-body diagnosis which, if not causative, at least exacerbates the physiological diagnosis.

mechanisms, which naturally fight cancer when they're activated? It's not always easy to face the truth about why you might have succumbed to illness. Facing the truth about your life takes guts and an open heart. But the results can be phenomenal. Curious what might lie at the root of your diagnosis? [Mind Over Medicine](#) walks you step-by-step through the process of diagnosing the root causes of your illness. So be brave! Face the truth.





Health Secret #10

Once you diagnose what's out of whack, it's time to write The Prescription for yourself.

In the Six Steps To Healing Yourself that I use with patients and teach in *Mind Over Medicine*, step 5 is about writing The Prescription for yourself. This is not just any old prescription. Most of this prescription won't be filled by a pharmacy. But you can guarantee that it's likely to have profound effects on your health and longevity beyond what most drugs will promise.

Once you face the truth about what is out of alignment in your life, you'll come up with an action plan for how to heal negative thoughts, beliefs, and feelings, reduce damaging stress responses in the body, increase the number of healing relaxation responses, and activate the body's natural self-repair mechanism so spontaneous remission is more likely.

Writing and implementing The Prescription doesn't guarantee cure, but it does guarantee healing (and yes, the two are different!) When you're brave enough to align with your truth, you flip on the body's self-repair mechanisms, optimize the body's chance for cure, and minimize the chance for recurrence of past illnesses or development of future ones.

And the side effect? You'll gain more than just improved health. You'll get more happiness, greater intimacy in your relationships, a deeper spiritual connection, enhanced creativity, a sense of meaning and purpose in your life and work, and the gift of inner peace.

If that's not real medicine, I don't know what is.



More Help Healing

The 10 secrets in this manifesto are just the chips and salsa. I get into the Whole Enchilada in my book [Mind Over Medicine: Scientific Proof That You Can Heal Yourself](#) (Hay House, May 7, 2013).

And there's more. As new data comes in, I'm blogging about the science of self-healing, passionate prescriptions for living and loving fearlessly, healing health care, and pretty much whatever else inspires me at LissaRankin.com. (You'll get my blog posts in your inbox as a result of downloading this manifesto.)

You can also watch my TEDx talks - [The Shocking Truth About Your Health](#) and [Is There Scientific Proof You Can Heal Yourself?](#) And in August 2013, you'll be able to watch the PBS special about my work and get a DVD simulating an office visit as my patient when you donate to public television.

If you're an empowered patient or a conscious health care provider, join the revolution at HealHealthCareNow.com, a forum where you can tell your story, share your wisdom, find like-minded patients and health care providers, and make a real difference. And if you're a doctor or other health care provider interested in becoming certified to incorporate these mind-body medicine techniques in your practice, you can sign up for the [Whole Health Medicine Institute here](#).

We're also in development of many other live and online resources intended to support both empowered patients and conscious health care providers. So stay tuned!

Spread The Love

If this manifesto was helpful to you and you think it might help someone else, please encourage your friends, family, and colleagues to [download it here](#). You can also:

[Tweet it on Twitter](#)

Post this on Facebook – Just downloaded Lissa Rankin's 10 Secrets to Healing Yourself and loved it. Get yours here:

<http://lissarankin.com>

I'm passionate about healing health care, and raising consciousness is the first step to shifting how we deliver and receive health care.



Be The Change

A few years back, I had a dream, and in the dream, I saw magnificent mountains covered with millions of people, dressed in brilliant colors and tribal garb from all over the world. The people were standing shoulder to shoulder, covering the mountainsides like a great quilt, and all of them were facing due north, where a bright light was shining on their faces, illuminating them.

That's what I see when I think of healing our broken health care system - all of us, standing shoulder to shoulder, facing north and being the light.

I know it seems hopeless to think that health care can reclaim its heart, but just like I believe there are no incurable illnesses, I also believe there are no incurable systems. It's going to require a grass roots effort though, initiated by patients and health care providers just like you. So I'm asking for your help.

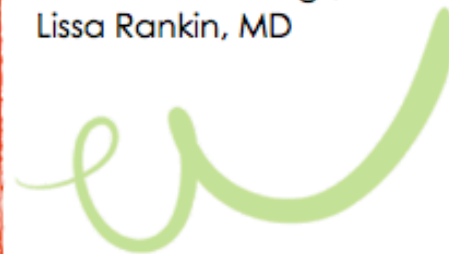
In the documentary film [I Am](#), filmmaker Tom Shadyac shared that when animals decide to switch watering holes, it all starts with a shift of consciousness. They drink out of one watering hole until 51% of the animals decide to drink from a new watering hole, and then the rest of the animals all jump.

I think we're getting close to that 51% when it comes to healing health care.



We must rise up, open our minds, open our hearts, and bring the care back to health care. It all starts with you. Be the love you want to see in health care, and miracles really can happen.

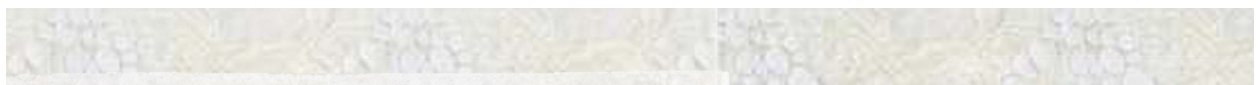
Love and blessings,
Lissa Rankin, MD



**Self-Healing Meditation with Lissa Rankin, MD
(with music generously donated to your Whole Health self-healing journey by
the amazing Karen Drucker)**

This guided meditation is intended to help you access the voice of your Inner Pilot Light, listen to the wisdom of your body, and initiate relaxation responses that allow your body's self-repair mechanisms to activate, so your body can do what it does best - heal itself.

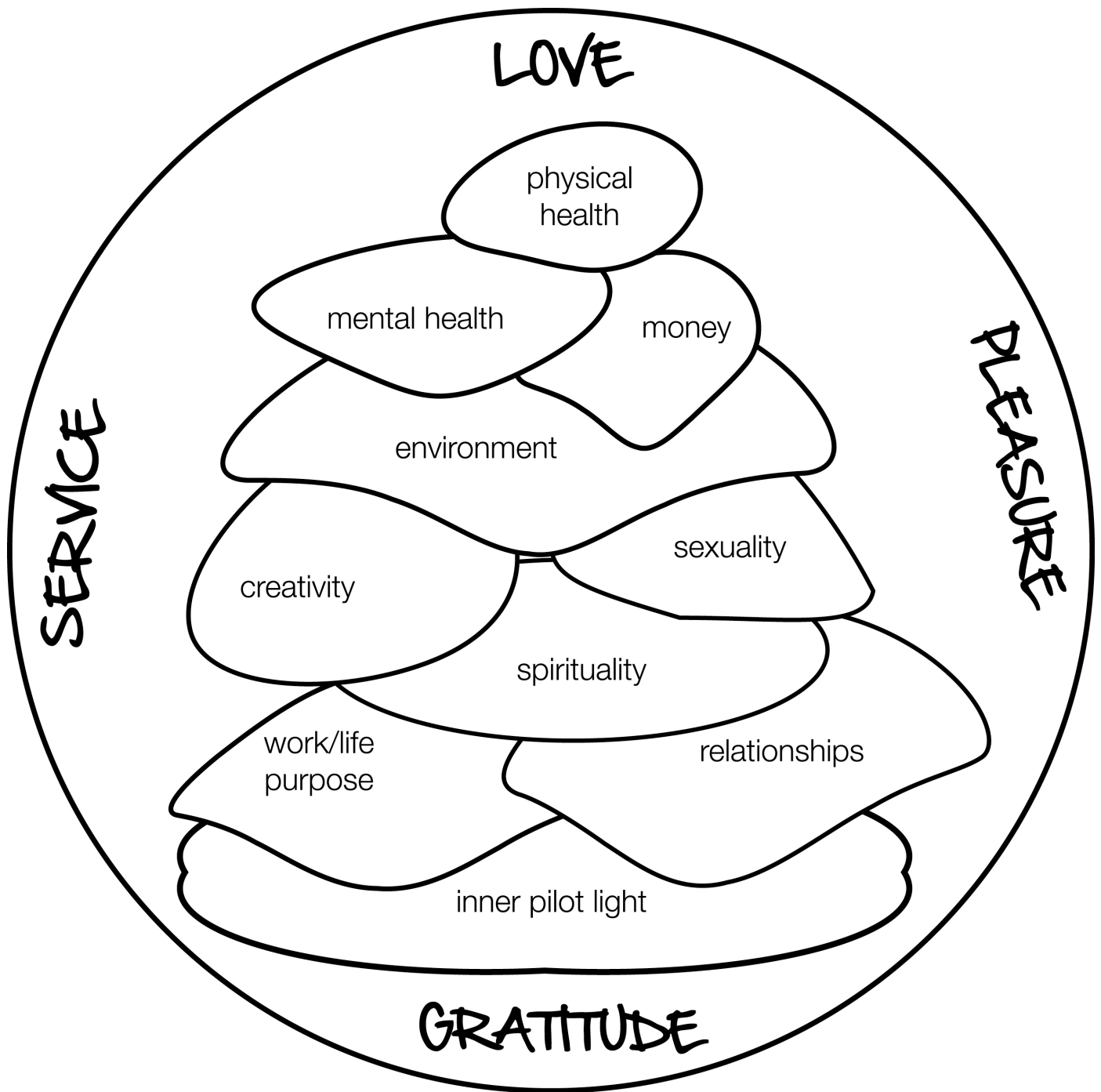
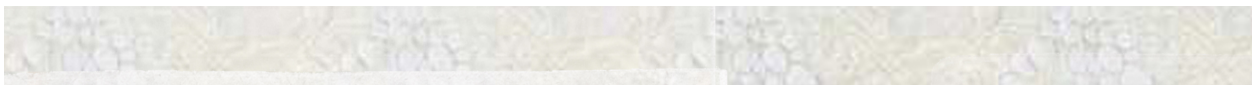
[Click here to download the MEDITATION](#)



The Whole Health Cairn

The following 7 copies of the Whole Health Cairn are for use with Diagnostic Exercise #2 from Mind Over Medicine. Follow the instructions as described in Diagnostic Exercise #2 from Step 4 of the 6 Steps To Healing Yourself in Part 3 of the book.





The Diagnosis Journal - Part One

The following Diagnosis Journal is to be used as a companion for Diagnostic Exercise #3 from Mind Over Medicine. Follow the instructions described in the book.

(Note: The questions included in this Diagnostic Journal are the original, unedited questions I use with patients. Some of these questions have been edited out in the final version of **Mind Over Medicine**.)

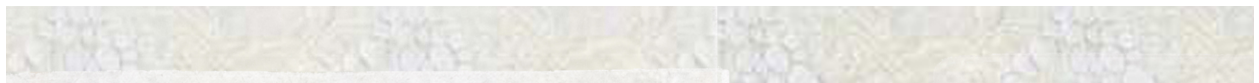
Belief

What do I believe about my genetics and how my genes affect my health?

What are my beliefs about health?

What are my beliefs about my illness?

What are my beliefs about the body's ability to repair itself?



What are my beliefs about my mind's effect on my body?

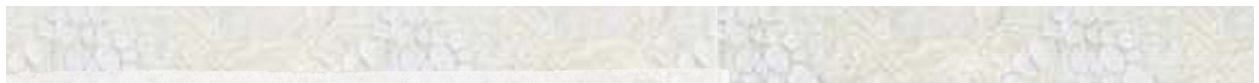
Am I open to exploring that the root cause of my illness is not purely physical? If not, why not?

What do I gain from my illness?

Am I willing to give up what I gain from my illness in order to get well?

Am I worthy of optimal health?

How is my childhood affecting my current health?



Support

How seen and heard do I feel by my health care providers?

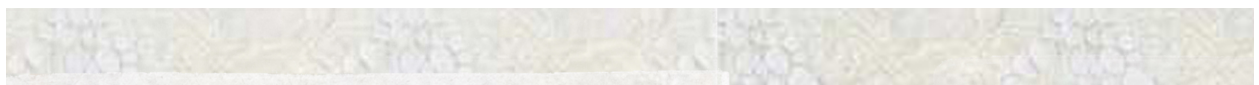
What is my biggest fear about giving up a health care provider?

Am I asking for what I need from my health care providers? If not, why not?

Are there any ways I'm sabotaging my own health care?

How do I support my own health?

How do I feel when I leave my health care provider?



What would make me feel better supported in my relationship with my health care providers?

Am I fully disclosing what's true to my health care provider? If not, why not?

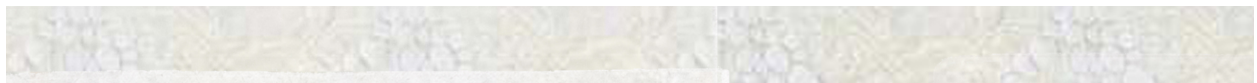
Am I worthy of having a close, partnership relationship with my health care providers?

What issues from my past might keep me from feeling able to partner with my health care providers as an empowered patient?

Inner Pilot Light

Am I living an authentic life aligned with all that I desire?

Do I make an effort to have my desires met?



What does my Inner Pilot Light want me to know?

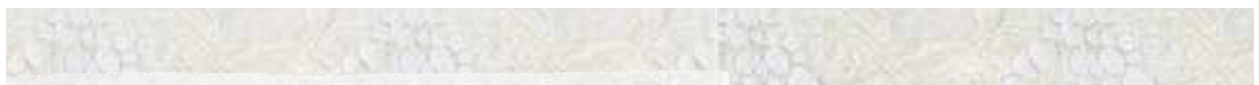
When my intuition communicates with me, how much do I listen?

What truth am I unwilling to face in my life right now?

What within me am I holding back? What longs to be set free?

What comes between me and my Inner Pilot Light?

Am I willing to risk everything in order to listen to my Inner Pilot Light? If not, why not?



Who would I be if I was fearless?

On a scale of one to ten, how much do I love and accept myself?

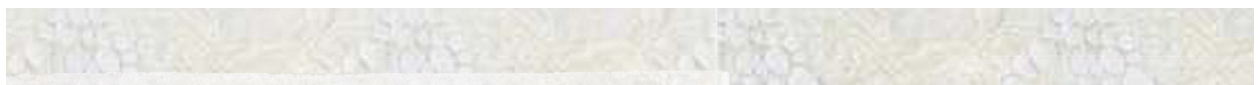
Relationships

How do I feel about my romantic life? How do I feel about my friends and support network?

What are the repetitive relationship patterns that continue to appear in my life?

Is there someone I need to forgive? Am I willing to forgive this person? Why or why not?

How can I feel optimally loved?



How vulnerable am I willing to be with the people in my life?

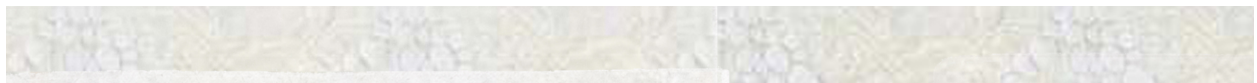
What obituaries would I write if the people I love died today? If my loved ones were to die—or have already died—how much have I left unsaid?

In the context of my relationships, is there always somebody wrong and somebody right?

How often do I feel used in my relationships? Am I willing to release the victim or savior role in order to heal?

Do I feel worthy of love and affection?

What would I change about the love in my life if I had a magic wand?



Work/Life Purpose

What is true for me about my work?

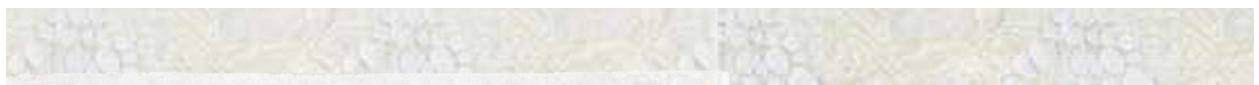
What does my Inner Pilot Light want me to know about my work?

Is how I spend most of my day in line with my talents and purpose?

What are my natural gifts?

How does my body feel when I'm at work? How does my mind feel when I'm at work?

If someone handed me a microphone and put me in front of an audience on the last day of my life, what would I say to the world?



If all my financial needs were met and the needs of my family were met, what would I do with my time?

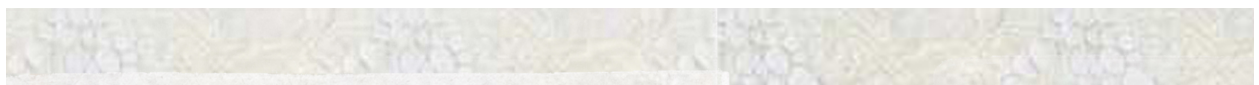
If I took fear out of the equation, what would I change about how I spend my days?

Is my job the bridge to getting me where I want to go?

Am I learning valuable things in my day job that I'm supposed to know, even if I don't love the work I do?

Creativity

What lights my creative fire? Who or what is my muse?



Am I clear on what my soul wants to create?

What helps my creativity flow freely?

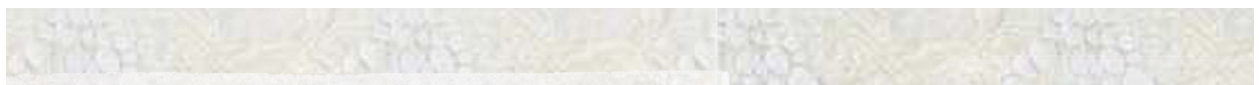
What kinds of creative projects light me up? Am I doing these things regularly?

What creative projects did I engage in as a child?

If I had all the time and money in the world, what would I create?

How do I feel when I don't feel inspired?

Am I willing to be with the frustration of the creative process?



Do I feel worthy of expressing myself creatively?

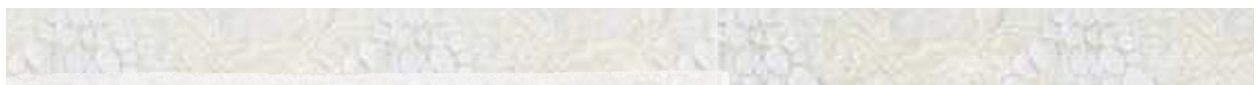
What does my family believe about creativity?

Spirituality

What makes me feel spiritually connected?

What do I consider sacred?

If I don't consider myself "religious" or even believe in a Higher Power, am I finding other ways to nurture my spiritual self?



What are my thoughts and feelings about religion? What negative thoughts do I have about spirituality or religion?

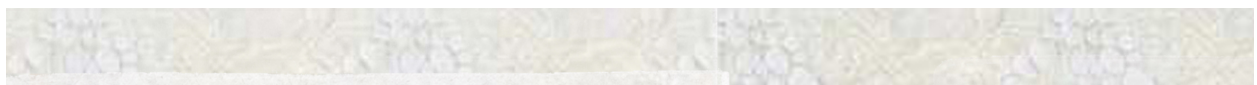
Do I feel more spiritual in a spiritual community, or am I more of a loner when it comes to my spiritual life?

Am I open to letting illness be an opportunity for spiritual awakening?

What does my family believe about spirituality?

Are there ways in which I use my spirituality or religion to judge others?

Am I worthy of experiencing a deep connection with the Divine?



Would joining the right spiritual community elicit relaxation responses in my body?

Sexuality

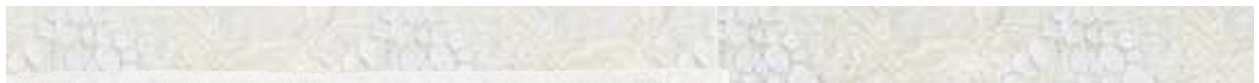
What do I truly desire sexually? Am I fulfilling that desire?

What will help support my authentic sexual self?

What fears, beliefs, or hang-ups keep me from being as sexually honest and openly expressed as I might wish to be?

How do I feel about my first sexual experience?

What from my sexual past or present life may be in need of healing?



What really turns me on? What really turns me off?

How do I feel about having sex when I don't want to?

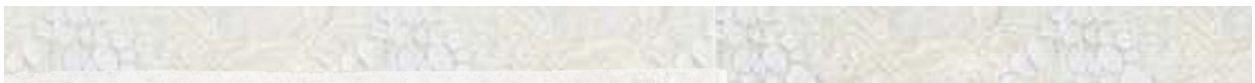
Do I feel sensual when I'm not having sex?

What does my family believe about sexuality?

If I could do anything sexually and nobody else ever had to know, what would I do?

Money

What are my thoughts and feelings about my financial situation?



How financially healthy am I?

How do I define financial health, success, or abundance?

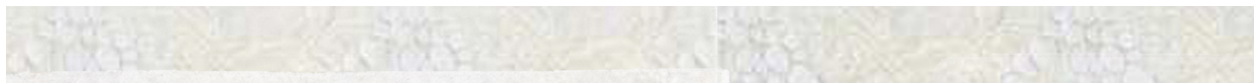
Am I clear about the true state of my financial life, or have I buried my head in the sand?

What does my family believe about money?

What limiting beliefs about my finances do I need to release?

Do I have enough money to support me in case of an emergency?

Is it possible to be poor and happy?



How much time do I spend thinking about money?

Does money buy me love?

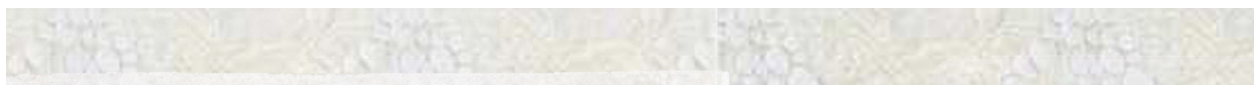
Environment

Am I living where my Inner Pilot Light wants to live?

When I look around my surroundings, do I love what I see?

Am I surrounded by beauty? Does my environment include nature?

How healthy is my environment?



What environmental exposures might be affecting my health?

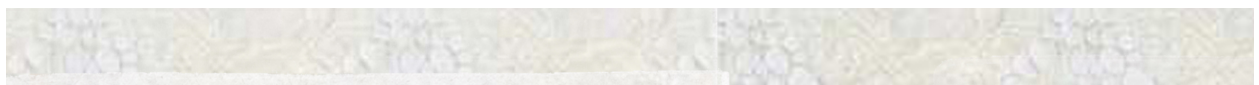
On a scale of 1 to 10, how “green” am I?

What efforts do I make to reduce the toxic load on my body caused by my environment?

What environmental exposures might be affecting my health?

How might I eliminate unnecessary clutter from my environment?

Do I feel worthy of living in a healing, peaceful environment I love?



Mental Health

What makes me happy? What makes me unhappy?

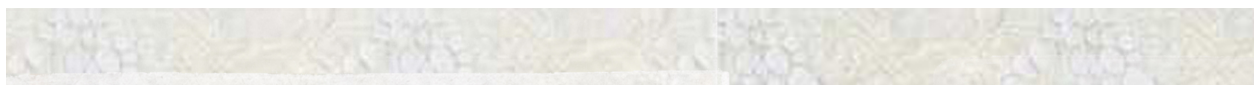
What would heal my mind?

Do any traumas from my past still cause me suffering? If so, what are they?

Do I feel worthy of being happy?

How much time do I spend engaging in negative conversations like unkind gossip, criticism of another person, or complaining?

Am I willing to examine my mental health?



What am I grateful for?

Do I express gratitude for what I appreciate in my life on a regular basis?

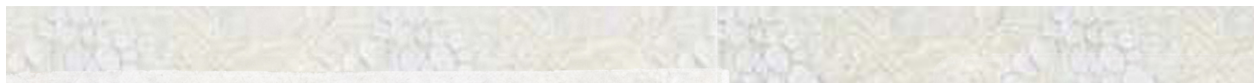
What can I be grateful for today?

Do I get caught up in what I lack rather than appreciating what I have?

Physical Health

How are my diet and exercise habits?

How compliant am I with my health care provider's recommendations and protocols?



What bad habits do I need to release?

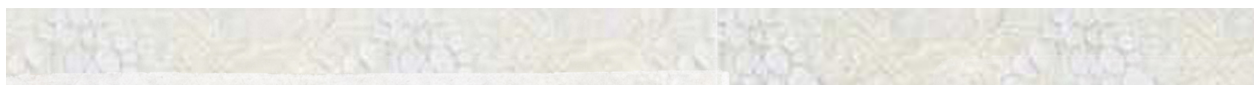
How are my energy levels?

Is anything keeping me from sleeping well?

How much do I prioritize my physical health?

Am I willing to invest time, money, and energy into taking better care of my body?

What will happen to me if my body is optimally healthy? How will others feel about it?



How do I feel about aging?

How do I feel about death?

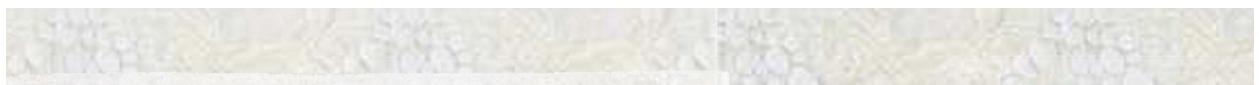
Wrap-Up

How much am I willing to fully accept myself in all my Divine imperfections?

How much permission do I give myself to make mistakes?

Am I willing to fiercely love and accept myself during my healing journey?

After answering these questions, does my Inner Pilot Light feel illuminated?



Am I willing to use what I've learned to write The Prescription for myself and make changes in my life?

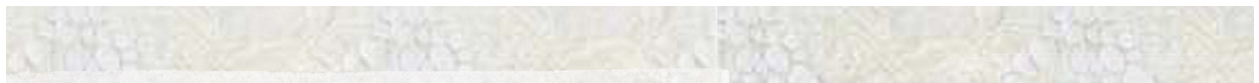
The Diagnosis Journal - Part Two

After answering all of the questions in Part One and marinating on your answers, see if you can come to some conclusions about what root causes might lie at the heart of any health issues you're facing. Check in with your Inner Pilot Light and, under each category, list anything you feel might be out of alignment with your truth or your ability to feel optimally healthy. This is your Diagnosis.

(For an example of what this kind of Diagnosis might look like, you can read my own personal Diagnosis in Appendix B in [Mind Over Medicine](#).)

Belief

Support

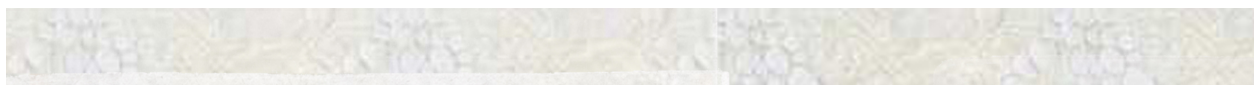


Inner Pilot Light

Relationships

Work/Life Purpose

Creativity

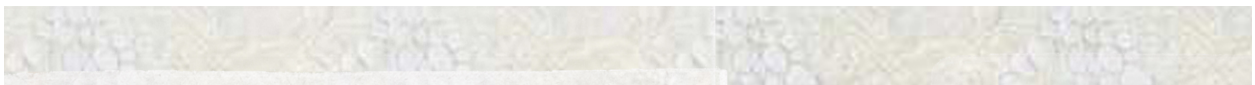


Spirituality

Sexuality

Money

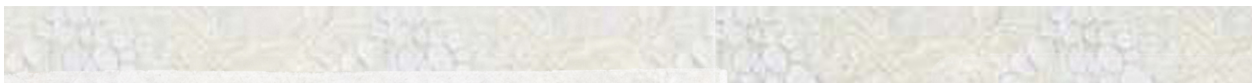
Environment



Mental Health

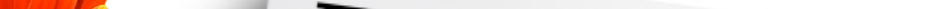
Physical Health

Wrap-Up



The Prescription

For an example of what The Prescription might look like for someone else, you can read my personal Prescription in Appendix C in *Mind Over Medicine*.



Rx

PATIENT NAME: _____
ADDRESS: _____

DIRECTIONS:

SIGNATURE: _____ DATE: _____

Additional Resources

Yearning for more self-healing tools and inspiration?

Here's how you can further your self-healing journey:

- If you haven't already read *Mind Over Medicine*, [order it here](#).
- Follow my blog at LissaRankin.com, where I write Passionate Prescriptions For Living & Loving Fearlessly and include regular updates of what's going on in the mind-body medicine arena
- [Follow me on Facebook here](#)
- [Follow me on Twitter here](#)
- Join the community of empowered patients and conscious health care providers sparking a revolution in health care at HealHealthCareNow.com
- Register for 6 Steps To Healing Yourself, a 4 week teleclass aimed at helping you walk, step by step, through your own self-healing journey. (Keep an eye on your inbox. Details will be emailed to you soon.)
- Find a health care provider to facilitate your self-healing journey [here](#)
- Get on the waiting list to become a certified Whole Health Medicine practitioner at WholeHealthMedicineInstitute.com

Thank you for your courage. Your body is grateful, and so am I.

With love and faith in you,
Lissa Rankin, MD

