

The Genie In Your Genes; Epigenetic Medicine and the New Biology of Intention, Dawson Church, PhD. Elite Books, 2007

P 38 **STUDY ON STRESS, MARITAL STRIFE AND WOUND HEALING.**

Ohio State U. College of Med, Ronald Glaser studied wound healing, an important marker of genetic activation. They made suction blister on skin of couples and told to have a half hour neutral discussion. Then for 3 weeks, 3 wound healing related proteins were measured. Then they were to have a disagreement, a simple discussion about the disagreement and a severe disagreement filled with criticism, sarcasm and put down. The discussion of the disagreement and the fight showed a depressed amount of healing-linked proteins and slower healing. The severe couple had a wound healing slowdown of 40% and decreased production of wound healing proteins.

Glaser "Such **stress before surgery matters** greatly" and this can **affect healing from any injury type.** Hostile couples showed poorer immune function after the lab observed discussions and had more respiratory infections than supportive couples.

Connie Grauds, R.Ph. in her book, The Energy Prescription, says "An **undisciplined mind leaks vital energy** in a continuous stream of thoughts, worries and skewed perceptions, many of which trigger disturbing emotions and degenerative chemical processes in the body."

Candace Pert PhD "the molecules of our emotions share intimate connections with, and are indeed inseparable from our physiology...Consciously, or more frequently, unconsciously, we choose how we feel at every single moment."

P52 "**DNA IS NOT DESTINY; THE NEW SCIENCE OF EPIGENETICS REWRITES THE RULES OF DISEASE, HEREDITY, AND IDENTITY.**" the **Agouti gene**, related to a human gene expressed in cases of obesity and Type II Diabetes, they ate ferociously, had increased tendency to cancer and diabetes and to die early. Randy Hurtle, PhD at Duke U. radiation oncology program was able to make these mice produce normal health skinny offspring only by **changing the expression of their genes by feeding the mothers, a diet rich in methyl groups** which inhibited the gene expression and somehow through the digestion and metabolism, attached to the Agouti genes in the embryos. "The **tip of the iceberg is genomics...the bottom of the iceberg is epigenetics.**"

P 56 **ACE (Adverse Childhood Experiences) STUDY** at Kaiser Permanente Hospital San Diego along with the CDC. Detailed exams of 17,421 Kaiser enrollees over 5 years, measuring stressors of family functionality including alcoholic parent, separated/divorced parents, parent with mental illness and domestic violence. Over 50% had at least 1 stressor, and when one was present, there was an 80% chance of more. Ave age of participant was 57. Results: A person raised in such a family had 5 times the chance of being depress, 3 times as likely to smoke; high scorers were 30x more likely to

attempt suicide and use illegal intravenous drugs. Increased risks of ailments in these dysfunctional families included obesity, heart disease, lung disease, diabetes hypertension, etc. The study authors compared treatment of these conditions in many to be like firefighters spraying water at the smoke, the most visible aspect of the fire but not tending to the underlying problem. Fellici, 1998 American J. of Prev, Med. Relationship of childhood abuse and **household dysfunction to many of the leading causes of death in adults.** The Adverse Childhood Experiences study.

P 58 STUDY **LINKS BELIEF TO HEALTH IN HIV**

Gail Ironson MD PhD at U of Miami who runs the Positive Survivors Research Center, one of the first studies to link specific beliefs with changes in the immune system. Over 4 years he messed HIV pts, i.e. viral load (the amt of AIDS virus in a sample of blood) concentration of CD4 helper WBCs. She found 2 predictors to HIV faster progression:

1. **"People who view God as a judgmental God** have a CD4 cell decline more than twice the rate of those who don't see God as judgmental, and their viral load increases more than three times faster...This one item is related to an increased likelihood that the pt will develop an opportunistic infection or die. These beliefs predict disease [regression even more strongly than depression."

2. The second factor regarding **a patient's personal relationship with God.** Patients who did not believe that God loved them lost helper T-cells "three times faster than those who believed God did love them."

Ironson, G., et al View of God is Associated with Disease {progression in HIV, 2006 abstract in Annals of Behavioral Medicine

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P 62 WE ARE WHAT WE BELIEVE

A 2007 Harvard study studied Physical Exertion vs. **Physical Exertion with Belief.** **84 hotel maids** were split in two, with half hearing a brief presentation explaining how their work qualified as good exercise and the other did not. Over the next 30 days, "The exercise-informed women perceived themselves to be getting markedly more exercise than they had indicated before the presentation. Members of the group lost an average of 2 pounds, lowered their blood pressure by 10% and displayed drops in body-fat percentage, body mass index, and waist to hip ratio."

Bower, Bruce, 2007 Jan., Mind over muscle; placebo boosts health benefits of exercise. Science News Online.

P 63 PRAYER STUDIES:

Thomas Oxman study at U of Texas Medical School found in the elderly after undergoing heart surgery, those individuals with large amounts of **social support and spiritual practice** had a mortality rate one seventh of those who didn't.

Oxman, Thomas E. et al (1995) Lack of social participation or religious strength and comfort as risk factors for death after cardiac surgery in the elderly. *Psychosomatic Medicine*, 57, p5.

P 68 Stanford U research psychologist Carol Dweck, Ph.D. found that **the beliefs of young students** on the nature of their intelligence had an effect on their performance. She found that students who believed that intelligence can grow and develop, as opposed to being fixed and constant had increasing **math scores** the following two years, while the math scores of those who believed that your intelligence is fixed, decreased. So then she took 100 graders, split them in half and gave the first group instruction in good study skills. The second group received information on ways our brains grow, and develop new neuron connection when challenged with novel and challenging opportunities. that the brain makes new connections whenever you learn something new, and that in time, the result is that you get smarter, The second group made significantly better math grades after one semester. **Trudeau, Michele (2007 Feb 15), Students' view of intelligence can help grades. NPR Your Health.**

P 69 ATTITUDE AND AGING

"A study of nearly 1,000 older adults followed for 9 years concluded that people with high levels of **optimism had a 23% lower risk of death from cardiovascular disease and a 55% lower risk of death from all causes** compared to their more pessimistic peers." These optimists also exhibited better memories, and a 9% faster walking speed than negative ones. **Weil, Andres (2006 September). Attitude is everything with aging. Andrew Weil's Self-Healing Newsletter, p. 1.**