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# Journal of Quantum Science of Consciousness

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**RESEARCH ARTICLE**

**DOI: XXXXXXXXXXXXXXXXX**

**OPEN ACCESS**

**Year: 2024, Volume: 01, Issue: 02, Pages: 72-79**

*Received 19.12.2023*

*Accepted 21.12.2023*

*Published 31.01.2024*

## Integrative Medicine for Healing Chronic Diseases; A Review

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**Published By** Journal of Quantum Science of Consciousness, Center for Quantum Activism.

**Abstract** Most chronic diseases are psychosomatic, resulting from chronic stress derived from prolonged negative mental states, which disregulate physiological functions and distort energy flow. Most of the diseases faced today are due to the negative mental states of stress, creating a disbalance within the mind and energy systems, affecting the brain and, therefore, our body, and affecting the very fabric of reality of our existence.

We face serious health concerns that cannot be understood in isolation because they are systemically rooted in the interconnectedness and interdependency of holism. This paper reviews the literature on the healing of chronic diseases using integrative medicine, a medicinal system that includes the mainstream allopathic system with alternative systems, generally referred to as holistic (or integrative) medicines.

**Key words:** stress, chronic disease, mind, holistic therapy, quantum, emotions, perception, mental health, Consciousness.

## Introduction

Our beliefs, thinking and emotions directly impact both psyche and physical well-being, including the reality experienced, because they are tied to the quantum rather than solely materialistic and reductionist approaches. Most of the diseases faced today are due to the negative mental states of stress, creating a disbalance within the mind and energy systems, affecting the brain and, therefore, our body, and affecting the very fabric of reality of our existence.

We face serious health concerns that cannot be understood in isolation because they are systemically rooted in the interconnectedness and interdependency of holism. The current health crisis directly results from chronic stress, derived from persistent negative states of mind (psychological and emotional states), resulting in physiological imbalances in biochemical functions and energetic flow, producing diseases.

Chronic stressful states alter the fabric of matter beyond just our bodies. Competition and greed stem from subconscious beliefs and programs handed down transgenerationally, feeding into the socioeconomic and sociocultural patterns of strife generating hierarchical power dynamics that often result in poverty for most of the population, adversely affecting basic quality of life (QOL) requirements; thus, creating a feedback loop, regularly perpetuating chronic stress and negative emotions, resulting in further psychological issues that often lead to physical disease with time.

The concept of holism follows holistic medicine or integrative medicine, where health and healing follow the whole person and account for physical, mental, emotional, socioeconomic and sociocultural well-being. It is tied to quantum physics because of its relation to energy and matter, allowing for proper balance and harmony in mind and body. It is more than simply an absence of disease. Body and mind are integrated with lifestyle changes, including nutrition, social structure, exercise, mindset, and spirituality, to attain or regain proper balance <sup>(1)</sup>.

Allopathic and energetic quantum medicines are necessary for health and healing and should be united for optimal healing under one paradigm. For example, allopathic care is the best response for acute emergencies, whereas

energetic medicine is the best course for chronic health issues. When united, they create integrative holistic approaches for speedier and more effective healing with fewer adverse side effects.

Chronic stress is directly proportional to our subconscious beliefs driving our thoughts, eliciting neurochemical sensations and feelings in our body, which we label emotions after assigning meaning to them and activating our behaviours <sup>(2)</sup>. However, such dynamics are often the result of imposed socioeconomic paradigms and cultural traditions, which can be observed in the stark differences between Eastern and Western foundations.

The scientific fields from which medical science stems tend to work in isolation with little intercommunication and collaboration. Such segregated operations lead to a lack of overall understanding and holistic oversight. Sadly, much of Western scientific studies and research lacks the most updated data and is constructed upon incomplete and outdated information based on reductionism, fundamentalism, materialism, and seeing life as a contentious random scramble for existence related to Newtonian (classical) physics and improper understanding of Darwinian work instead of Quantum Physics <sup>(3; 4)</sup>.

## Mind-Body & Emotions

It has become evident that emotions underpin most of the stress we experience, which essentially inspire our actions, manipulate our decisions and define our quality of life <sup>(2; 5)</sup>. Nevertheless, intellect (cognition) is historically held in higher regard than emotions. However, Emotional Intelligence (E.I.) is regarded as more critical in leadership roles and daily life than cognitive abilities <sup>(6; 7)</sup>, and current data reveals that there are more afferent than efferent pathways from the heart to the brain, proving E.I. is more important than I.Q.

Various stimuli generate emotional responses which affect and direct our attention equal to the stimuli, known as the mood-congruity effect <sup>(8; 9)</sup>. Emotions also play a critical role in our memory formation and learning abilities, known as emotion-state-dependent memory; thus, we tend to retain more information in more positive states as opposed to negative mental states <sup>(10; 11; 12; 13)</sup>.

How we react to external stimuli varies significantly from person to person. Stress results from our perception of an event and the meaning we assign to such events <sup>(14)</sup>. However, meaning is relative, subjective, and often created from associations between experiences and learning <sup>(15; 4)</sup>. In addition, much of how we perceive the world around us is due to our beliefs, which create a lens that colours and filters information to match our internal beliefs; as such, we tend to see things in a distorted way, not necessarily as they are <sup>(2; 4; 16; 17; 18)</sup>. Hence, we observe not nature or reality itself, but rather nature and reality exposed to our unique observation and questioning method.

Current studies agree that cognition and emotions are interrelated neural systems in dynamic interaction <sup>(19; 20)</sup>. Furthermore, neuroscience has discovered links between cognitive centres and emotional processing within the brain. For example, hardwired in the brain are bidirectional neural connections between the frontal cortex and amygdala, modulating activity and processing <sup>(21; 22; 23)</sup>.

Neurochemical biological links in the cortex contain large quantities of receptors for neuropeptides that are also condensed in the subcortical areas associated with emotional processing, suggesting that these links are crucial for a full spectrum of mental faculties <sup>(24; 25)</sup>. Likewise, there are substantially more neural connections from the emotional processing areas to the cognitive centres than in the opposite direction <sup>(23)</sup>, confirming that emotions are equally, if not more powerful, than cognition and intellect alone.

When we quit selfing and abandon the incorrect assumptions of the subject-object split through a form of dissociation, we become ever-present and conscious to witness the thoughts and feelings instead of becoming engrossed and consumed within the rumination cycles. Such objective dissociation is required to unlock the subconscious mind housing our programs and has the advantage of questioning the underlying beliefs driving thought patterns, emotional biochemicals, behaviours and actions, consequently changing the cycle to better our health and healing. In addition, such practices induce a physical change in the body and the brain because it is a physical constituent of the body through the power of the mind.

By consistently rewiring the current neural synaptic connections through psychoanalytical introspection and meditative practices, we alter the pathways of negativity to positivity, thereby fundamentally changing the brain's autopilot and default mode network (DMN).

### Stress

Regarding health, stress can be viewed physically, chemically, or emotionally (psychologically). Physical stress is a physical injury, such as breaking bones or internal/external bleeding, where the physical body is structurally affected. Chemical Stress includes toxins, pollutants, and alike. Emotional stress is psychological. However, all forms of stress result in emotional stress in humans <sup>(15)</sup>. Chronic stress, therefore, is emotional stress related to the mind. The idea is to realize that all thoughts are fleeting and that all experiences, situations, people and places are transient <sup>(26)</sup>.

Chronic stress is recognized as a pandemic resulting in premature death <sup>(27)</sup>. Studies indicate that over 90% of physician visits are related to chronic stress, such as high blood pressure, headaches, digestive issues, chronic pain, sleep disruptions, cardiovascular issues, and metabolic syndrome <sup>(28; 4; 29)</sup>. Furthermore, it is unrefuted that chronic stress is the leading cause of physiological and psychological diseases, including cancer and autoimmune diseases <sup>(4; 30)</sup>; therefore, most diseases are psychosomatic.

Stress deviates from homeostasis by shifting to the fight, flight or freeze response (FFF) initiated by the sympathetic nervous system (SNS). The SNS results in a protective mode; thus, all energy and resources are diverted to the extremities to enable the body to fight, run or fully freeze to evade the life-threatening danger and imminent peril.

Humans have an uncanny ability to use their imagination to incite the SNS FFF response and initiate the same perceived threat levels in the body, even though no looming life-threatening danger may exist <sup>(31; 4; 32; 28)</sup>. Humans are uniquely equipped with a large neocortex along with a handful of other species, such as dolphins. The neocortex allows us to use our imagination and make it appear equally real to our external environment. Hence, we can engage the SNS response equally through thought alone <sup>(15; 4; 31)</sup>.

Our stress response is an evolutionary acquisition that enables instant mobilization to evade impending dangers and threats to survive. It is designed to be a short-term acute response mechanism with which all species have evolved to endure predators and other threats. However, the constant bombardment of such stress responses produces neurochemicals, which result in homeostatic deregulation over time <sup>(32; 15; 30; 4)</sup>. As a result, cellular repair, regeneration, rest, and proper gene functioning cease to perform correctly because all energy is diverted into a protective mechanism versus growth and repair, shunting resources for healing. Therefore, "living in stress is living in survival" <sup>(15 p. 266)</sup>.

Chronic stress creates a dysregulation and imbalance in psychological states of mind, resulting in physiological effects, which further deplete the body's systems to the point of breakdown, leading to physical manifestations known as disease. Heart disease, cancer, asthma, diabetes, high blood pressure, high cholesterol, headaches, Alzheimer's, Parkinson's, Multiple Sclerosis, autoimmune, chronic, inflammatory, neurological issues, strokes, impotence, and almost all other physiological diseases result from chronic stress <sup>(2; 4; 33; 34)</sup>.

Chronic stress can be understood as the consequence of perceiving and viewing neutral stimuli through a negatively skewed lens of perception unique to our beliefs and conditioning. With a constant negative mindset owing to undesirable beliefs, we will see the world and respond adversely versus a positive mindset, leading to a drastically different and opposing perception of the same event.

### Genes & Epigenetics

Genetic disposition as the primary argument for diseases has been predominantly disproven since about 2003 after the Human Genome Project discovered that we have 23,688 genes, which cannot account for the multitude of various genetic protein expressions each human possesses <sup>(15; 4)</sup>. However, each gene can create 3000 or more variations of proteins from the same gene blueprint <sup>(35; 36; 4)</sup>.

Moreover, the field of Epigenetics states that "single gene disorders affect less than one per cent of the population" <sup>(4 p. 20)</sup> and rarely is one

gene responsible for a disease. Genes are not auto-activated but await a signal to either up-regulate or down-regulate. Several genes, from Immediate Early Genes, activated in seconds, Behavioural State-Related Genes linking our mind to our body, and Experience Dependent Genes activated by learning <sup>(37)</sup>, reveal how the mind controls the body's genes and physiology.

### Nutrition & Lifestyle

The Western diet is notoriously unhealthy and leads to disease <sup>(38; 39; 40)</sup>. Coupled with the stress imposed by a materialistic approach driven by money, power, and status, it often leads to psychological and physiological health crises. Nutrition is fundamental to mind and body health <sup>(1)</sup>. It is becoming widely accepted that the microbiome affects our mental and emotional states, similar to our physical, through the gut-brain axis <sup>(41; 42)</sup>.

Orthomolecular medicine supplements of vitamins, minerals, enzymes, and probiotics naturally aid in restoring balance and health because they are the building blocks of cellular structure. Additionally, movement and various forms of activity over sedentary lifestyles boost health outcomes, improve the mind, and reduce stress <sup>(43; 44)</sup>. Moreover, sunlight, positive social interactions and adequate sleep are key health and overall well-being variables.

However, stress and emotions are tangible and measurable, with stress operating at a physical, chemical, and emotional level, and the emotional aspect yields more power over our physical and psychological health due to the various biochemicals produced. Therefore, while nutrition and activity are essential for well-being and constitute physical stressors, they become futile attempts at health when used in isolation.

### Quantum Physics & Health

From a Quantum Physics perspective, we acknowledge that the mind, tied to Consciousness, is entangled with matter. Consciousness is the ground of all because it is part of the unified quantum field of pure energy and information. Thus, we are active participants and directors in our physical manifestations of health and reality, not passively involved <sup>(45; 46; 32)</sup>. Furthermore, the mind affects physical matter, known as particles, as demonstrated in the Observer Effect studies of the Double-Slit experiments <sup>(47; 48; 46; 49)</sup>.

The quantum field only responds to what and who we are through our thoughts (electrical) and emotions (magnetic), driven by our beliefs (programs), not what we want or say <sup>(50; 32; 26)</sup>. Our lives and health always mirror our internal state of mind like a holographic projection.

Additionally, through Consciousness, the mind operates non-locally when we maintain being ever-present, where the mind does not drift to anticipated future plans or past experiences <sup>(32; 51; 45; 26)</sup>. The principle of nonlocality shows us that information can pass without signals, bypassing the rules of Newtonian physics that require space and time. Thus, humans are capable of discontinuous quantum leaps by choosing from an infinite array of possibilities and probabilities existing in a state of superposition, which explains sudden, miraculous, spontaneous healing <sup>(51; 26; 14)</sup>.

Einstein observed that space and time are constructs of society to enable day-to-day functions in our external reality. Unfortunately, we do not have the vernacular to appropriately explain the quantum world, which is not static nor absolute but a function of relativity (special principle of relativity) <sup>(3; 14)</sup>. It is important to note that linguistics shapes how we view and interact with reality. Often, there are no words to describe certain feelings, thoughts or internally driven experiences, thus limiting or obscuring the experience. Such difficulties are observable when attempting to discover similar words or phrases holding the exact same meaning in different languages; exact translations rarely exist because language imbues various levels of unwritten cultural meanings and associations.

Moreover, losing sight of the subatomic and microscopic that create the macroscopic initiates a fragmented approach to reality and our health, particularly since we constantly interact with the subatomic quantum world at a rate of 7.8 times per second, even though we are generally unaware owing to a lack of quantum physics teachings in the general public <sup>(28 p. 183)</sup>. There is no true objectivism in any experimentation or a way of stepping out of influencing data. Theories are correct about what they include and wrong about what they exclude; there are no models of reality to explain reality empirically because humans are tied to it through observation and interactions, and data has no meaning without interpretation bound by the starting beliefs and assumptions.

## Conclusion

A paradigm shift to a holistic worldview is essential to resolve current-day affairs. Most issues today cannot be understood in isolation because they are systemic, interconnected and interdependent, necessitating a perception and perspective change. The beliefs and views that the universe and nature can be understood in isolation, mechanistically, and materialistically in medicine and society have proven incorrect and created the socioeconomic issues and chronic health diseases faced today.

By understanding subconscious beliefs, we can unlock historical patterns, thus altering our perception of stressful stimuli, consequently changing our relationship and associations with those stimuli and inducing a relaxation response <sup>(52)</sup>. What we believe, we become, for better or for worse.

Beliefs drive thoughts; thoughts create biochemical emotions, and emotions result in actions and behaviour. Negative mental states lead to chronic stress engaging the SNS, which manifests in malfunctioning bodily systems; we call that disease. By changing the beliefs through subconscious introspection, we release suppressed traumas and emotions from the body and the subtle bodies, change thought patterns, produce different biochemical emotions, alter actions and behaviours, heal traumas, and allow the body to engage in the PNS for healing to occur. As a result, our perceptions of life and reality fundamentally change internally and externally; we are no longer the same person mentally, emotionally or physically.

Science has no objectivism despite believing otherwise due to the proven principle of the Observer Effect; thus, we must shift to epistemological science. Furthermore, there are no elementary or foundational primary building blocks either; consequently, we must transition to networks of interactions. Moreover, there are no absolutes but rather approximations. The universe and nature are one and operate through cooperation and peace.

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