

Guillermou

Placebos act as drugs to trigger changes in brain chemistry, heart rate and blood pressure, and even improve short-term memory. At the neurophysiological level, it has been shown that the application of placebo stimulates the frontal cortex, the prefrontal cortex, the basal ganglia, and the amygdala, activating the dopaminergic and serotonergic pathways. Placebos reduce pain by the actual release of endogenous opioids, but non-opioid mechanisms are also involved, mediated by CB1 cannabinoid receptors, which are mainly found in the brain and nervous system. Nonopioid placebo analgesia is mediated by CB1 cannabinoid receptors www.nature.com/.../nm.2435

The specific mechanisms act at the neuroanatomical, neurophysiological, biochemical and cellular levels. Opioids, cannabinoids and cholecystokinin as well as dopaminergic activation and neuronal changes in the basal ganglia are involved. Endogenous opioids, such as endorphins and enkephalins, relieve pain. The placebo response in patients with postoperative pain could be blocked by the opioid antagonist naloxone, another neurotransmitter in the central nervous system.

Placebo-Induced Improvements: How Therapeutic Rituals Affect the Patient's Brain

www.sciencedirect.com/.../S2005290112000313

Placebo effects: clinical aspects and neurobiology www.ncbi.nlm.nih.gov/.../PMC2725026

The doctor-patient relationship, the psychological state of the patient and the personality, the severity of the ailment, and the environmental circumstances. Placebo effect (2018) europepmc.org/.../30020668

Persuasive communication can have a great benefit in the placebo effect. The Application of Persuasion Theory to Placebo Effects (2018) www.sciencedirect.com/.../S0074774218300047

Posted On 09/13/2018

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Placebos and nocebos enter into the psychosocial context that informs the therapeutic ritual. Social stimuli, like the doctor's words, can activate the endocannabinoid circuits and other networks of neurotransmitters of the placebo effect. Natural medicine and its holistic therapeutic action is of great help to act with a placebo effect, unlike allopathic medicine, which serves the patient with fewer opportunities for conversation and psychological response, which can enhance the nocebo effect. Converse in a positive way about the treatments, stimulate the mood, provide confidence and security, ultimately creating a constructive doctor-patient relationship, where the patient trusts the doctor, and the doctor emphasizes the positive results. Medicine's inconvenient truth: The placebo / nocebo effect core.ac.uk/.../41240874.pdf

A meta-analysis suggested that only 25 percent of the efficacy of common antidepressants is due to the drug itself, while half of the effect may be attributable to the placebo response. Listening to Prozac but hearing placebo: A meta-analysis of antidepressant medication.

www.mega.nu/.../pre0010002a.html

This meta-analysis found that placebo treatments have a moderate effect against pain. Placebo Effects on the Neurologic Pain Signature A Meta-analysis (2018)

jamanetwork.com/journals/jamaneurology/article-abstract/2694717

On the contrary, when the patient does not know that he receives a drug, its effectiveness is reduced. This has been proven for pain, and anxiety, so diazepam, when it was covertly administered, was totally ineffective as an anxiolytic. Overt versus covert treatment for pain, anxiety, and Parkinson's disease. www.sciencedirect.com/.../S1474442204009081

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Placebos do not work for everyone, they can be influenced by several factors, type of disease, genetics and gender differences. Depressed patients with Alzheimer's have a reduced placebo effect. Single nucleotide polymorphisms (SNPs) have established an important link between the endocannabinoid system and the placebo effect. Fatty acid amide hydrolase (FAAH), a key component of the endocannabinoid system, by modifying anandamide modulates analgesia with placebo. FAAH selectively influences placebo effects www.ncbi.nlm.nih.gov/.../PMC4222079

A review of the scientific literature of the last 10 years gave the authors confirmation that, beyond the COMT gene, there is evidence of genetic variation in other neurotransmission pathways that modify the response to placebo. Among them, the opioid pathways, the endocannabinoids and serotonin. Genetics and the placebo effect: the placebo www.cell.com/trends/molecular-medicine/abstract/S1471-4914%2815%290004..

Another study carried out at Uppsala University in Sweden tested a small group of people who had social anxiety disorder. After a placebo treatment, all subjects were evaluated for a variant of a gene called tryptophan hydroxylase-2, responsible for the manufacture of the neurotransmitter serotonin in mood regulation.

Tryptophan hydroxylase 2 gene is associated with major depression and antidepressant treatment response www.sciencedirect.com/.../S0278584609000621

Nocebo effect in allopathic medicine. Negative expectations may increase the production of inflammatory prostaglandins, thus worsening the perception of pain. Patients with cancer and undergoing chemotherapy often face a powerful nocebo in the form of anticipatory nausea. Plant cannabinoids such as CBD are recommended. Comparative "Nocebo Effects" in Older Patients Enrolled in Cancer Therapeutic Trials: Observations From a 446-Patient Cohort (2017)

www.ncbi.nlm.nih.gov/.../PMC5735997

Posted On 09/13/2018

iamblessediam

Few people are aware of the history of the word "placebo" - it's origins. Ben Franklin had a lot to do with the modern day placebo use - this short read outlines the very first experiment that started the placebo practice: [www.apa.org/.../franklin.aspx]. There's is movement away from the "either/or" aspect of placebo research towards "both/and" - that "shift" includes the "context" [intention] that actually helps to enhance the healing event - context can include actions that reflect compassion, empathy, kindness - even touch. Linda Buonanno is a good example of "both/and" - based on her own account of why she took part in the referenced trial, Linda Buonanno set her OWN "context" - intention - at the outset - the act of taking that "pill" was a physical confirmation to herself she was doing the right thing - she brought the full force of her consciousness for mind over matter. I'd suggest Linda Buonanno needs to hook up with Dr. Joe Dispenza - she'll learn how to forget about that "pill" and become her own authentic placebo.

Posted On 09/13/2018

Oxytocin is also known as the love or cuddle hormone and is important for behaviours including pleasure, trust, and bonding as well. Oxytocin stimulate the production of Anandamide which triggers CB1/CB2. Other then the genetics as to why placebo may not work for everyone, As stressors on the body go up, magnesium and zinc (and dhea/ b vitamins) drop, increasing amounts of copper now unattached to ceruloplasmin needed to be usable in the body as well as inorganic copper and other metals like mercury now build up, along with less output of the adrenals. When magnesium goes low, it creates instead a rise in the level of cellular calcium as a defense mechanism against increasing stress which aims to reduce the adrenal response it cant handle but in doing so blocks feelings and awareness of this, potentially leaving one emotionally unable to feel normally. Our bodies then become more and more oxytocin deficient, and the things like sexual arousal, trust and bonding that its involved in go down and relationships can fall during this time as the trust and bonding that once existed between partners can become diminished. Nerve Growth Factor is also lessened which can be part of the problems, zinc is also apparently needed for NGF from the research. NGF is involved in the initial phase of love: pdfs.semanticscholar.org/8d8b/ee2d0767f2b91f7f004227cd6dda01327e7d.pdf Excess copper also inhibits the b6 conversion of glutamate into glutamine and GABA, resulting in high glutamate levels. Symptoms of oxytocin deficiency can include generalized depression, heightened anxiety, social isolation, mistrust, resistance to intimacy affection and relationships, phobias, panic attacks, and sleep difficulties to name a few.

Posted On 09/13/2018

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Interesting lam. The information provided during the process of informed consent and disclosure of adverse effects contribute to nocebo effects. Commercial characteristics of medicines such as price and also labeled placebos influence. Negative expectations are formed through verbal suggestions, painful experiences, observation of pain in others and other nociceptives. Susceptibility to the nocebo effect may also be influenced by genetic variants, personality traits and psychological factors. Environmental signals and the appearance of medical devices can induce negative expectations that drastically influence the perception and processing of pain. Both nocebo and placebo processes involve a complex set of neural circuits in the central nervous system that modulate the perception of touch, pressure, pain and temperature

Nocebo and pain: an overview of the psychoneurobiological mechanisms (2017)

www.ncbi.nlm.nih.gov/.../PMC5621640

Nocebo effects can make you feel pain (2017) www.ncbi.nlm.nih.gov/.../PMC5754642

In this study we evaluated the responses of healthy participants who received two creams to relieve itching but induce local pain sensitization of placebo marked with two different prices. The hyperalgesic effects of nocebo were greater for the "more expensive" cream than for the "cheaper" cream. Expectations of greater pain-related effects associated with costly cream may have triggered a facilitation of nociceptive processes in the subcortical and spinal cord areas. Those who used the "expensive" cream had a higher sensitivity in a heat tolerance test and these effects of nocebo became more pronounced over time. Interactions between brain and spinal cord mediate value effects in nocebo hyperalgesia (2017) science.sciencemag.org/.../105

Posted On 09/13/2018

Guillermou

DATA Interesting aspects related to oxytocin. Anandamida, which you have also commented on in your post header, was the first isolated endocannabinoid in areas of the brain that are important in the thought processes involved in memory and in areas that control movement. Anandamide participates in pain, depression, appetite, memory, and fertility. Anandamide interacts with presynaptic cannabinoid receptors. Anandamide is hydrolyzed by the hydrolase enzyme amide fatty acid (FAAH), bound to the intracellular membrane. In cerebellum, hippocampus, and neocortex, FAAH is expressed at high levels. CB 1 recipients and FAAH have a close relationship.

Cannabinoid receptors are present in the pain pathway at the peripheral and central level. CB 1 receptors are distributed in areas of the brain and brain stem cores involved in nociceptive perception such as the thalamus, the amygdala, and the spine. Both CB 1 and CB 2 receptors have been detected in non-neuronal cells that participate in immune and inflammatory processes. Neurotransmitters whose release is modulated by the activation of cannabinoid receptors include L-glutamate, GABA, noradrenaline, dopamine, serotonin and acetylcholine. This report is very complete.

Role of the Cannabinoid System in Pain Control and Therapeutic

www.ncbi.nlm.nih.gov/.../PMC2430692

The endocannabinoid system is mediating, with a placebo effect, and the cannabinoids could exert complex neuropharmacological actions. Activation of the CB1 receptor could induce multiple effects, with synergy with the CB2 receptor activation / modulation, in inflammatory conditions and modulation of the hypothalamic-pituitary-adrenal axis. Future studies will have to delve into the contribution of placebo analgesia and possibly other physiological responses. The Intricate Influence of the Placebo Effect on Medical Cannabis and Cannabinoids (2018) www.karger.com/.../489291

Posted On 09/13/2018

datadragon

Here is a new one. Brain feature differences may reveal if placebo sugar pills could treat chronic pain. www.sciencenews.org/article/brain-features-may-reveal-if-placebo-pills..

Posted On 09/18/2018

grulla

Article subtitle, "Placebos Work Even When Patient Knows They're Not Real". That's too big a pill to swallow. I can understand and accept the idea that a placebo may have a remedial or curative effect in certain medical health situations, however, one would think that secrecy is important for success. At the very least, if placebos do work, one would think that secrecy would help stack the odds in favor of succeeding, and that disclosure would reduce, or even eliminate those odds??? I wonder if Medicare Part D provides funding for placebos, as I have to pay out-of-pocket for my alternative remedies...hmmmm, much profit. Here is yet another source that also claims secrecy is not necessary:

www.sciencedaily.com/.../180912133542.htm

Posted On 09/13/2018

Guillermou

Yes,... and the attention of a good doctor of Natural Medicine that serves the patient according to a holistic view of the disease can not be given in allopathic medicine. Being able to act on the patient in an integral way with diet, light and other energies, is the power to heal. Placebos and nocebos enter into the psychosocial context that informs the therapeutic ritual. Social stimuli, such as the words of the doctor or even the decoration of the doctor's office, can activate endocannabinoid circuits and other networks of neurotransmitters. Natural medicine and its holistic therapeutic action is of great help to act with a placebo effect, unlike allopathic medicine that serves the patient with fewer opportunities for conversation and psychological response.

Placebo and psychotherapy are better than antidepressants for treating depression. Irving Kirsch, director of the Placebo Studies Program, is the lead author of the meta-analysis of the placebo effect and the article "Antidepressants and the Placebo Effect" in which the efficacy of antidepressants is questioned. Neurologists at the University of Michigan have identified the nucleus accumbens area of the brain, where the receptors for endorphins and dopamines are located, which produce the placebo effect. It is evident that the results of long-term psychotherapy are considerably better with lower relapse rates.

Among the side effects of antidepressants are dysfunction, long-term weight gain, insomnia, nausea and diarrhea. Approximately 20% of people who take antidepressants show withdrawal symptoms. Antidepressants have been linked to the increase in suicidal ideation in children and young adults. Psychiatrists are reluctant to these results; their livelihood and professional work are linked to prescription, especially antidepressants and psychotropic medications www.psychoedukation.de/wp-content/uploads/2008/02/depression_englmeta... www.ncbi.nlm.nih.gov/.../PMC4172306

Posted On 09/13/2018

grulla

If secrecy is not required for a doctor to give you a sugar pill placebo, then I can envision the next generation of placebos: www.walmart.com/.../23554583

Posted On 09/13/2018

badboy2

In regards to Placebo's; I vote mind over body.

In regards to Linda Buonanno in the article above, who participated in Kaptchuk's 2009 IBS study; It did not say if she changed her diet or not, which is a key factor for improving IBS.

Posted On 09/13/2018

iamblessediam

BELIEF is amazing: [www.tedmed.com/.../show]

Posted On 09/13/2018

jdrose199

This is how I do it now. I do EFT if it does not help in an hour I do it again if that does not work I take something rarely do I have to take something. You can trick the mind most of the time but sometimes pain is telling you something that you need to pay attention to.

Posted On 09/13/2018

Almond

healing is more than just prescribing the right pill. Many practitioners either do not know or do not understand that the consultation itself is an important part of the healing process. I am thinking about one doctor, in particular, who has an excellent bedside manner, but very little expertise. His waiting room is always full and his patients make dramatic recoveries.

Posted On 09/13/2018

Guillermou

Yes Almond, placebos and nocebos enter into the psychosocial context that informs the therapeutic ritual. Social stimuli, such as the words of the doctor or even the decoration of the doctor's office, can activate endocannabinoid circuits and other networks of neurotransmitters (including endorphins, dopamine and cholecystokinin) that mediate the placebo effect. Natural medicine and its holistic therapeutic action is of great help to act with a placebo effect, unlike allopathic medicine that serves the patient with fewer opportunities for conversation and psychological response, which can enhance the nocebo effect. Converse in a positive way about the treatments, stimulate the mood, provide confidence and security, ultimately establish relationships, involving the characteristics and causes of the disease and the patient, creating a constructive doctor-patient relationship, where the patient trusts the doctor , and the doctor emphasizes positive results.

A perspective of treatment that promotes the placebo effect must address the conception of a holistic view of the patient and the causes of the disease, each person needs an individualized treatment with a focus on the patient's vital forces, the patient becomes the main agent involved in the healing process, being the therapist a facilitator and ally.

Eudaimonia, or happiness that comes from our mental state, can be a fundamental aspect to regulate our immune system. The mind-body connection has given rise to disciplines such as psychobiology and psychoneuroimmunology. Our mood and environmental stimuli are important for the health of our genes. The human genome works in a similar way to a musical score, in which the DNA sequence contains the functional instructions, and the epigenetic mechanisms regulate its expression. Exercise, stress, diet, toxins, diseases, are the ability to activate / deactivate genes. The placebo effect promoted by the doctor's good attention is a part of the epigenetic effect.

Posted On 09/13/2018

iamblessediam

The EFFECT any care giver has on their patient can be summed in two words - MIRROR NEURONS. Mirror neurons remain something of an enigma because most doctors/researchers don't have a working knowledge of quantum physics, let alone understand the "observer effect" - that "unseen" energy interaction generated by thoughts. The most dangerous observer effect - NOCEBO - which drives 95% of the bedside manner of all physicians today - it goes to the posit Alia Crum, Ph.D. makes in the article about using the opposite of "nocebo" - the placebo. An interesting read on mirror neurons: [www.ncbi.nlm.nih.gov/.../PMC3510904].

Posted On 09/13/2018

19beets

If taking a placebo triggers natural, curative brain chemicals, I wonder if that would still trigger a negative impact somewhere else, especially on the liver (as synthetic drugs do). That might make an interesting study.

Posted On 09/13/2018

iamblessediam

Just a suggestion...become familiar with Dr. Joe Dispenza's work especially Dr. Joe's book "You Are the Placebo: Making Your Mind Matter" - Dr. Joe de-mystifies the mystical. It's my belief that any form of "reductionist science" - which goes back to Descartes time - has attempted to reshape the cultural definition of the mystical - making the word mystical an object of fear. The thing I like about Dr. Joe's work is he's using the current cutting edge scientific methods to document the changes in ordinary people up regulating specific genes without any form of nutrient or pharma-based interventions. Here's a fascinating video interview that really shows just how out of wack the current "placebo" definition really is: [www.youtube.com/watch]. Be well - safe eating. LBP!

Posted On 09/13/2018

Hlightails

When you accept terms like "inert," "real," "active" etc, as defined conventionally, you are buying into the conventional dogmas without even realizing it. Any substance taken into the body - your own, or even another's, as in an animal or unaware person - interacts with that body/mind/consciousness in ways we don't understand but do recognize as occurring. What is known as "the problem of placebo" addresses this from a different angle. Placebo effectiveness goes beyond "power of suggestion" in ways that are statistically significant and interesting. Needs and deserves more open-minded scientific exploration.

Posted On 09/13/2018

blueberre

About 20 years ago, my mother in law was prescribed Obecalp for her arthritis pain. Her sons, both nurses, knew what it was. It was only until her niece, who was a nurse also, came to visit. When Mom showed the her the new wonder drug, the niece exclaimed, "Oh that's just placebo spelled backwards!" The jig was up. My mother in law never said that they were working for her . I'm thinking there may be some sort of built in mechanism that humans may be able to tap into to heal themselves, but I don't know if it would be as easy as taking a placebo and actually knowing it was a placebo. I'd try it though.

Posted On 09/13/2018

galewelslh

Being we are aware that city tap water contains many chemicals, including many medical compounds, I would recommend that everyone take a teaspoon full of tap water every day as a general cure all. Should work for all kind of problems, even deadly ones. Also showers using unfiltered tap water should give the same effect. Just knowing that it will work should be enough. PS a very interesting and helpful article, keep up the good work

Posted On 09/12/2018

The Main Problem with "The-Westernised [Christianised]" is that "they" are unaware that "they" are Licentious in EVERYTHING "they" do, said Licentiousness being that of Arrogance-in-progress. You know, when "Adultery Comes Naturally".

Children lacking "Thought-Processing" [TP] are The-Innocent, Innocence being when there is neither Past nor Future. When Divinity-in-progress is The Reality/"Guide". No wonder Paedophilia is seemingly rampant In The Modern Era for without Innocence, there is NO Reality.

When Innocence is lacking, "The-Icing-on-the-Cake", means that "The Christianised" are unaware of their Main Affliction. This Lacking of Innocence is the Main Cause of Physical, "Mental", & Emotional ailments. "Big Pharma" is merely in "The-Melee" because of "The-Melee-ing", "Evil" not being The Problem other than "Selfishness", with The Joke being that of Solving The Problem through "Finger-Pointing"/Guilt-Anger.

ReGaining Innocence/The-Lacking-of-TP is impossible without becoming "self-realised", said self-realisation being known in The Bible as "The 2nd Birth". Said "2nd-Birth" is Real and is not some mechanistic activity performed via Hypocrisy. You know, when "Blind-Blinded-Faiths/"Religions-sustained-by-Religiosities" are "Running-Amok". Absolute-Knowledge is what lead-to us to seek Knowledge, although what Humans "know" is merely Relative/"Materialised" Knowledge, NOT Absolute-Knowledge.

There is NO such a thing as "A Religion" when said Religion is sustained by Its "Religiosity"/Blind-Blindedness. "Robbing Peter To Pay Paul" is how The Human Universe functions. When Truth is "Ownable"/Justifiable, being UnTruthful is then Natural. When Innocence is regained via "Pills, Potions, & Butchery".

Without becoming Real, there is then NO such thing as Reality. When Another is, somehow but don't know how, more relevant than self. The Moment when Masochism/"Gross-Femininity" is satiable by Its Sadism/"Gross-Masculinity". When Another Joke is A-Comin'.

balhawk

I suspect it has a lot to do with one's thought tendencies, and that a placebo would tend to be more effective for one who is inclined toward belief, as opposed to a hawkish critical thinker. Being among the latter, I've found different approaches and treatments for which I've had the same amount of faith and hope to produce very different results, even when aware of the mechanisms, and have approached healing from a standpoint of testing hypotheses.

Posted On 09/14/2018

naj4820

Does a placebo work just on pain? Could someone with cancer have a positive result to slow or halt the progress of their cancer?

Posted On 09/13/2018

shirleykate

...'a curriculum called medicine plus, where everyone from receptionists to physicians create an environment conducive to healing'. Receptionists? ? Many UK subscribers will give a wry smile here. Getting past the fire-breathing dragon that is the receptionist is the hardest part of (trying to) get to the doctor. The ultimate 'nocebo effect'. Having said that I am soooo grateful for our good old NHS.

Posted On 09/13/2018

taraarae

I participated in a trial study where a Gastrointestinal M.D. was hired to either use a placebo and new medication produced for getting endorphins into the stomach. Seems those with IBS have a lack of endorphins in that area. I didn't realize the stomach produces endorphins like the brain for a feel good result. However, unlike the Dr. Kaptchuk study we were not told whether we were to receive placebo or the new medicine. It also included a free colonoscopy. The part I remember about this study was the Dr. put me on a fat free diet. I found out that was bad for me.

And my cholesterol gradually shot up to over 300 and triglycerides to 1500. Instead of getting me off the fat free when both began to go up he says to me, "You must be like my wife. She can't be on a fat free diet either." What a mook. Note: My gallbladder and appendix had been removed in the 70's. Trial was done in the 90's. It's so long ago since the study in Dr's office, in Houston TX, at Baylor College of Medicine, so not sure if pill worked. Glad I did the Colonos. as they found two small benign polyps. However, I finally got my IBS under control by myself when I learned about the need for a happy endorphin tummy.

Posted On 09/13/2018

To explain this better. Our bodies have a built in system for pain and pleasure which when activated causes real effects on things like pain, depression, and anxiety controlled by the system. In the late 1980s, receptors were found in the brain for THC (tetrahydrocannabinol), the primary psychoactive component in marijuana. But since THC doesn't naturally occur in the body, the presence of these receptors puzzled scientists. The mystery was solved a few years later with the discovery of arachidonylethanolamide, later called anandamide. Anandamide is a type of endocannabinoid—the body's own version of cannabis and is a natural neurotransmitter produced in the brain that binds to the CB1/CB2 THC receptors. It's been called the bliss molecule aptly named after ananda, the Sanskrit word for joy, bliss, or happiness.

medium.com/@mary_c_biles/anandamide-the-bodys-own-antidepressant-and-h..

There are genetics involved here. Those who are 'extra happy' people have a difference in a gene which produces less of the enzyme FAAH (fatty acid amide hydrolase) which is responsible for breaking down a chemical in the body called anandamide. Anandamide is produced on demand by the body and then broken down rapidly by the same FAAH enzyme that is lacking in the genetic mutation. So those with enhanced levels of happiness are a direct result of having more anandamide in their system.. They also possess a greater ability to extinguish fear based memories. Some other things that increase anandamide are mentioned. And this one that Gui also just mentioned, www.ncbi.nlm.nih.gov/.../PMC4222079 shows how FAAH modifies the placebo effect which is actually activating the built in system rather than having 'no real effect' as people originally thought when using a non medicine pill expecting no benefits. A drug may have alternative or enhanced/stronger effects along with potential for negative side effects as we see with opioids.

Posted On 09/13/2018

When you eat quality dark chocolate, running, use marijuana, or release the hormone oxytocin through sex, touch or staring into the eyes internally, they all stimulate the production of Anandamide, a motivation, pleasure and happy/bliss neurotransmitter in the brain. Oxytocin is known as the love and bonding molecule. Feelings of love ratchet up your oxytocin levels for example, which in turn dial up your bodys anandamide effects giving us that pleasure. Kaempferol is a type of flavonoid present in a variety of fresh fruit and vegetables such as apples, tomatoes, grapes, potatoes, onions, and broccoli and lessens the breakdown of it.

When scientists stimulated oxytocin release, it increased anandamide creation in the brain. When they blocked anandamide, it also blocked the pleasure and pro social effects of oxytocin which means that oxytocin reinforces social bonding/trust and pleasure by anandamide creation. Interrupting anandamide breakdown further enhanced the pleasure of social contact, and animals treated with a drug that stops anandamide breakdown increasing it behaved as though they enjoyed spending time with their cage mates much more then animals treated with placebo.

Anandamide (AEA) increases in the brain during and following exercise and may be mostly responsible for why exercise makes you happy. A recent animal study similarly found that anandamide might be responsible for producing the "runner's high" in mice.

www.ncbi.nlm.nih.gov/.../26438875

Posted On 09/13/2018

i liked the article and will pose some questions with varying levels of woo woo in them, mostly serious tho.. Might piss some people off,boohoo. or more likely just shrugged off as silly. questions are conjectorial.

1. if u don't believe in this article, are you 'anti science?'
2. Those with real pain might not believe in miracle cures, sometimes instant, from cancer and and?
3. if belief it what makes it so, then do hypochondriacs run the risk of opposite, ie giving themselves every/ rare diseases/ailments?
4. Maybe magic is real.. imo, having seen many many instances it is. Consider things like 'vibrational medicine' for example. Read once of a guy who took his dog to vet, to find out it had a super rare disease (something to the point of 10 dogs a year get it in entire world, a blood disease thing, not transmittable physically.) What happened was that when the vet prescribed the medicine, which is associated rarity as well, the guy recognized it. wny, because both him and his wife had this super rare blood disease. scoff? well consider the results and if you get into the followups and unbelievable details of humans affecting the 'double slit' experiment, Even backwards in time.. Look it up, there is a ton of magic in those stats.
5. does this, hopefully, mean that doctors should re consider their cold, authoritarian/arrogant stance and presenting attitude that includes only cut/burn/poison ie surgery/chemo/drugs and their stupid attitude as not only ineffective re curing but the opposite.
6. Stanislov grof not only gets 'all' effect of LSD thru just holotropic breathwork (I think is name), but also in 10,000 studies, much of same access to normal channel unavailable info, ie I am talking about telepathy, remote viewing, time travel, precognition, and and not to mention physiological cures and and..
7. which great mind/scientist said" either you believe everything, or you believe nothing? hint initials AE .. out of space to post now

Posted On 09/13/2018

I don't find your comment woo-woo - anyone familiar with Stan Grof's work wouldn't either. An excellent primer for discovering the MAGIC one's mind holds is this - "The Holotropic Mind: The Three Levels of Human Consciousness and How They Shape Our Lives" by Stan Grof. It's too bad Albert Einstein and Stan Grof didn't have the chance to work together - me thinks consciousness research - both the little "c" and big "C" aspects - would be light years ahead by now with that collaboration. About holotropic breathwork -

I've done that - those experiences developed added meaning to the words "breath of life" for me. Then when I had a NDE one of many takeaways from that event was that when the breath of life is focused through one's heart zone it's a touch of Heavenly Light - much like what this song says: [www.youtube.com/watch]. I also discovered that all this "placebo stuff" is TRASH talk designed to take away a person's innate abilities - it's a "power and control grab" TRICK designed to perpetuate victimization by those GREED science institutions that prey on people's fears. Be well - safe eating - learn how to use the breath of life for personal benefit. LBP!

Posted On 09/13/2018
