People are used to relating good health to different drugs, treatments, life choices, etc. However, what goes on in your mind play a huge part in your health. Your mind and body make up a unified organism, which can affect your health in powerful ways.
Ways our Mind and Body Communicates

❖ The autonomic nervous system

❖ The endocrine (hormone) system

❖ The Immune system
Placebo Effect (continued)

Effective in treating many diseases including the following:

1. Ulcers
2. Irritable bowel syndrome
3. Colitis
4. Chronic pain
5. Headache
6. Hay fever
7. Asthma
8. Depression
9. Warts
10. High blood pressure

❖ Most placebo-controlled drug studies find that about half of all patients respond to placebo pills.

❖ Regardless of what you have, you have a 50-50 chance of being cured simply by taking a pill that you believe will make you better.