

Our Minds and Our Health

Check out the following links. If you cannot cut and paste them and place them in your browser, please copy them down and type them into your browser.

These sites represent some of the best research known today about the many different minds we possess. That's correct, I said the MANY DIFFERENT MINDS. The links listed here will open to you research discoveries that may help you understand more about what ails you. Certainly, in addition to the kinds of treatment plans you expect from me, which I will employ, I invite you to consider the information contained in this research. It may play an important role in your health.

All of this research, as you shall see, is well-respected and represents the conclusions of some of our best scientists and physicians after years and years of research.

The Enteric (Digestive System) Brain:

<http://www.iht.com/articles/2005/08/24/healthscience/snbrain.php>

The Heart Brain:

<http://www.msnbc.msn.com/id/11023208>

<http://www.heartmath.org/research/our-heart-brain.html>

Our body is our mind:

<http://psychologytoday.com/articles/pto-19930701-000031.html>