

## ***“Emotional Well-Being and Health”***

Carl Simonton, M.D. and Janet Hranicky, Ph. D. have worked together 30 years in pioneering the field of PsychoNeuroImmunology and Cancer.

In this article for the Hippocrates Health Institute Magazine, the world leaders share some of their insights on the psychology of well-being as it relates to both “Getting Well” and to “Optimal Health and Longevity.” They speak out for the first time about their 30 years of clinical research and outline the basic foundational principles for an international standard of care for the field of Mind/Body Medicine and Cancer.

In Mind/Body Medicine, the emotional status of an individual is viewed as important, if not more important than their physical status. We know that "how" someone is feeling has everything to do with their physical prognosis, their energy for healing, their pain level, and long term survival. In Mind/Body Medicine, emotions are viewed as revealing the state of consciousness of a person. Disturbances in the Bio-energy field reflect disturbances in one's consciousness. These disturbances precede the development of illness. Changes in consciousness shift the Bio-energy field, which alters the course of disease. Spontaneous remission is related to the changes in the vibrational frequency of the Bio-Energy Field that occur when healthy shifts occur in the strength, coherency, and flow of our emotions.

The growing field of quantum Medicine enables us to look at the human body as an electrical/electromagnetic system which is charged and which charges the larger Quantum Field. Consciousness is the organized carrier of information and as each person has their own “personality templates” each person has their own unique “Bio-Energy Field Frequency Pattern.” Consciousness is the agency of change for emotions. Emotions carry charge and charge is the agency of change within matter. The more charge that a unit of matter possesses, the more it can change. The significance of healthy emotional change is profound in the vitality of our healing properties.

Our perceptions, experiences, and behaviors actually communicate back up through the RNA channel to the DNA, and can change gene expression and actually change DNA. The implications for this knowledge are so exciting when we can

appreciate how by turning on and off certain genes, we are allowed access to the library of knowledge of how to optimize health and longevity. When we begin to realize that consciousness is not a thing, but rather the process and potential of constructing reality, we can appreciate in our animate universe, which includes the very matrix of all of our cells, everything is consciousness. Consciousness is the organizing principle for all things, determining the arrangement of universal energy into matter and non-matter and the arrangement of DNA information into its various forms.

Dr. Simonton and Dr. Hranicky have developed refined systems for teaching some of the core concepts involved in accessing the power of the mind and emotions to alter the course of cancer. These concepts can be applied to any illness or to anyone wanting to optimize their health or quality of life in general.

Some of the key tenets of their Program are built on enhancing and strengthening some of the following key core attitudes that are associated to desirable outcomes, longer term survival, and general improved states of well-being. These included and are not limited to: HOPE; TRUST; and SPIRITUAL PURPOSE. Definitions of these terms are listed below:

Hope: To cherish a desire with anticipation without any necessary basis for expecting fulfillment; to expect with confidence;

Trust: Confidence or Faith in;

Spiritual Purpose: We all are here for a reason and our life has great meaning.

What we link Pleasure to and what we link Pain to in our lives, often influences the focus of our attention on a daily basis and thereby our emotional well-being on a daily basis. Love, health and longevity are natural states and byproducts of being connected to source energy: Pure, Positive, Flowing Energy. For example, goals to achieve happy loving relationships and personal success are merely byproducts of focusing our desires, which brings a state of joy where we have vibrational attraction to that which is a vibrational match to us. We can create new emotional habits and condition ourselves to feel great. The quality of our emotional life is largely determined as well in the quality of the questions we ask ourselves daily. If we ask ourselves questions that by definition will produce an undesirable or negative answer, then we will not feel as good as if we ask

ourselves questions that by definition produce more empowering answers. Knowing how to excite ourselves emotionally and then how to reinforce our desired emotional states is a key principle in knowing how to influence our relationships in desired directions and how to influence the healing systems in our bodies.

As mentioned above, the quality of our health is determined to a large degree by the quality of our communication with ourselves. How we feel and what we do is determined by the meaning we associate with the things that affect our lives. We are not upset by things, but by how we view them. Our emotions and our behaviors significantly impact our health, and this certainly includes cancer as well as other illnesses. How do I know which of my beliefs are the healthiest to keep?

#### EVALUATE THEM.

To evaluate some of your beliefs, use the following criteria:

##### Superior Beliefs:

- Empower You.
- Support your health, well-being, and longevity.
- Protect your survival.
- Test in reality (factually based).
- Give you energy.
- Engender more self-love and love for others.
- Lead to greater pleasure and less emotional pain, anger, and fear.
- Add value to others and to our planet.

How do your beliefs test out? If you are uncertain as to where to start in analyzing your beliefs, start with your most routine emotional responses that characterize you in your everyday life. For example, if you routinely feel sad, then what causes you to be sad? The answer is your conscious or unconscious belief about yourself or someone or something in your life. For example, I don't believe that I am loved just for being me. The next step would be to evaluate this belief using the suggested criteria above.

An example of a belief to evaluate:

(Belief)- I don't believe that I am loved just for being me. (Emotional response)- for example, "sadness." To evaluate the relative health value of this belief, ask yourself the following questions. (Remember, superior beliefs have at least six of the eight criteria listed above).

Belief Evaluation Checklist:

- Does this belief empower me?
- Does this belief support my health, well-being, and longevity?
- Does this belief protect my short-term survival and long-term survival?
- Does this belief have good reality testing?
- Does this belief energize me?
- Does this belief engender my self love or long-term survival?
- Does this belief lead to greater emotional pleasure and less emotional pain, anger, and fear?
- Does this belief contribute to the welfare of others and the planet?

A belief is a feeling of certainty about the meaning of something. The way we develop this feeling of certainty of belief is through our experiences. If you ask yourself questions that cause you to see that there are plenty of examples in your life that contradict your limiting belief, you will have much greater difficulty maintaining this limiting belief. This can help to make room for new beliefs. Often, we focus on past experiences that have been associated with pain. However, we then find ourselves re-creating emotional pain in the present, and our body does not know the difference between real and imagined pain. We need to change limiting beliefs that are based on old experiences of pain- otherwise we keep creating a sense of continued distress.

Our beliefs are optional. To activate your healing system, activate healthy beliefs! Transformational vocabulary: if you eliminate some of the negative words in your vocabulary, you will begin to eliminate some of the unhealthy beliefs often associated to negative and painful emotional experiences. Change the way you view your personal history. Give better meanings to your past, and you will give different and more

optimistic meanings to your future – and an empowered belief system for the future= increased hope and faith. Practice paying attention to what you focus on and what you ignore. The process of framing can help you learn how to change the meanings of situations of life.

Pre-framing: tell yourself something to pay attention to that is desirable in advance, and “how” you want to feel with the outcome of a situation.

Re-framing: change something that you view as a “problem” to something with a better meaning. Create new experiences so that you have references for your empowered beliefs.

Excitement and hopelessness both affect our physiology. Consistent hopelessness, despair, or chronic distress impacts the central nervous system, which is connected to the other systems of the body. These systems, in turn, influence cell division. Normal cell division is occurring constantly. But when you have long-term depression or hopelessness, it affects the hormonal, immune, lymph, and drainage systems of the body and creates imbalances in the system. Everything becomes more sluggish and toxins aren't excreted as efficiently. Waste products are not eliminated as well in the body and weaken cellular health. The opposite effect is also true. Whatever helps you become more excited about life gets translated at the cellular level. When you're motivated, it's as if your whole body has been turned on, and the cells become more alive.

You were born with an incredible gift- the power of your brain and body working together. When you use your power properly, you can transform the quality of your life and health. Your mind and emotions have tremendous influence to stimulate the wisdom of the healing properties naturally built into your body. When you have good, strong energy, it's important to look at what you've been doing, thinking, and feeling. When you're tired or in physical pain, recall what you've been thinking in the last 24 hours. If you develop a cold, what was going on in your life in the last 24-48 hours? None of these things happen in a vacuum.

The power to change your mind about how you view things gives you the ability to change your emotional state and health. Again, as outlined above, to make changes - we must first attach or perceive a different and better meaning to life events. In simple language: “Pick a better thought that gives you more emotional relief and that feels better.” Did you know that: about 98-99 percent of your stress responses are not activated by real danger but are because you’re in “perceived” danger?

Most of our emotional pain, anger, and fear are activated by perceptions that are created through unhealthy learned beliefs and attitudes. When you’re in a state of emotional pain, anger, or fear that arises from unhealthy beliefs, you’ll stay stuck in one of these danger emotions until you shift your focus or change your belief. Changing your focus is short-term emotional management. Changing your unhealthy beliefs is long-term emotional management and leads to long-lasting stress management, increased states of emotional well-being, and optimal health!

Janet Hranicky, Ph.D.  
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Dr. Hranicky is the Founder and President of The American Health Institute. She has been involved in health care delivery since 1972 when she was doing her internship at The University of Texas, Student Health Center in Austin, Texas. Dr. Hranicky has been a leading pioneer in developing the field of PsychoNeuroImmunology. For the last 25 years, she and her colleague, O. Carl Simonton, M.D. together have led the longest running Psychological Intervention Program for cancer in the world. They have trained thousands of physicians, nurses, and health care professionals in the renowned Simonton Cancer Center Model. Dr. Hranicky has gone on to expand this work in her own research and has developed the theoretical foundation and treatment protocol to be implemented in designing guidelines for a Standard of Care in Mind/Body Medicine and Cancer. Dr.

Hranicky's distinguished work is now available in a multi-media educational format "The Hranicky Psycho-Oncology Program: A Premier Intervention and Treatment Model for Integrative Cancer Care."

Dr. Hranicky has collaborated, with her husband, Michael Galitzer, M.D., an Anti-Aging Medicine specialist in Los Angeles, California in developing The American Health Institute's Program in Longevity Medicine. Dr. Hranicky is currently involved in research with the well known UCLA Professor Emeritus—Neurophysiologist, Dr. Valerie Hunt—looking at the specific patterns in the BioEnergy Field that correlate to the profound dynamics in understanding states of health and disease.

Janet Hranicky holds two bachelor degrees from The University of Texas and Drake University, two graduate degrees from Southern Methodist University, Ph. D. degree from The Fielding Graduate Institute, and is completing her M.D. degree from Oceania University of Medicine.

Dr. Hranicky has applied her expertise in the field of PsychoNeuroImmunology and Cancer research to developing an Anti-Aging Medicine Program. She and Dr. Galitzer have designed The Younger You® Program which is a comprehensive treatment program for anyone wanting to slow or reverse the aging process and maximize the potential for optimal longevity.

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