

KALAYA PRODUCTS RESEARCH & DEVELOPMENT CONSORTIUM

KALAYA PRODUCTS SELF HEALING “THE NOCEBO-EFFECT”

No: 25

“YOUR BODY CAN HEAL ITSELF JUST GIVE IT A CHANCE”

“If you or someone you love is suffering from a “chronic,” “incurable,” or “terminal” illness and you want to optimise the chance for a spontaneous remission, you have to start by cleansing your mind of any negative beliefs that will sabotage your bodies self-healing efforts.”

GERALD HANCOCK 2017

KALAYA “THE NOCEBO RESPONSE”

INTRODUCTION:

Some people who insists on talking about their sickness are usually negative, repetitive unproductive and boring. Their negative attitude has a very significant influence on themselves and those who surround them. There is nothing exciting about becoming bedridden and dependant on others to just survive. Doom and gloom and why did this illness have to happen to me? Their sickness has not only devastated their lifestyle it always has a ripple effect on many others who elect to support them. Most sick people usually want to broadcast their misfortune as they seek attention. Suddenly they have an excuse and have become empowered and often demanding for attention, More often than not they do not recover.

On the other hand, talking with a healthy active person can be stimulating, interesting and enlightening. They are living life as it should be, exciting, adventurous with so much to do in such a short time. They think healthy, eat healthy, plan healthy and associate with likeminded people who've no time to be sick. They believe that being healthy is much more fun than being sick and they continuously do a lot of little things right to stay healthy. Sickness is the furthest thing from their mind and far less important than continuously striving to stay healthy to prevent ever getting sick. They have the right attitude and if they do become sick they regard it as a blessing and a wakeup call. They know they can beat any temporary setback, they have done it many times before and they can do it again. They believe there's no such thing as an incurable illness.

“EVERYBODY HAS THE POWER TO RESTORE THEIR HEALTH”

QUESTION?

Do you believe you'll be on medication for the rest of your life? Are you resigned to the prognosis your doctor gave you? Or are you motivated to try to activate your body's innate self-repair mechanisms by shifting your beliefs from negative ones to positive ones? The decision is yours alone.

“EVERYBODY HAS THE POWER TO RESTORE THEIR HEALTH”

MEDICAL HEXING:

“Every time your doctor tells you that you have an “incurable” illness or that you'll be on medication for the rest of your life or that you have only a 5% five year survival rate, they're essentially cursing you with a form of “medical hexing.” They don't mean to and they're not trying to harm you. But often they know not what they do...

Doctors think they're telling it to you straight, that you deserve to know, that you should be realistic and if necessary make your final arrangements. But when they say such things, they instil in your conscious and subconscious mind a belief that you won't get well, and as long as the conscious mind holds this negative belief, it becomes a self-fulfilling prophecy. If you believe you'll never recover, you won't.

THE BIOLOGY OF PERCEPTION:

The “**perception**” of recovery or non-recovery from a serious condition has a huge influence on the final outcome. **No one can cure anyone, the only person who can cure you is you.** Your “**attitude**” determines whether you will agree and accept your healers prognosis, and give yourself permission to fail, or to physically convince yourself that you are going to find the way to optimise the chance for spontaneous remission and nothing is going to stop you. 100% commitment 24/7 you are going to make personal decisions and changes, with or without help. You have to find the willpower and the determination and motivation to heal your own body. You have to take control of your conscious mind.

Action will work and talk will only help if it is positive and results in making good decisions that result in positive actions. Without major lifestyle changes and a determined attitude you have very little chance of undoing the damage you have caused that has made you sick. Procrastination and lack of commitment, relying on others and lacking the willpower to defy the odds is an impossibility if you plan to achieve spontaneous remission.

MENTAL STATES such as negative beliefs, fear, lack of self-confidence, low expectations and negative anticipation can strongly influence the outcome of life expectancy; acceptance or rejection of a diagnosis of an incurable illness; hope of recovery, experience of pain; and even success of invasive surgery or risky chemical treatment protocols can all influence the chances of recovery.

PERCEPTIONS are beliefs and they send the signals that will change the behaviour and the functioning of organs right down to the cellular level and the DNA within the cells. What you perceive or believe or even think will happen.

Fear shuts down recovery and accelerates illness, Love stimulates growth and encourages healing.

Positive Perception sends signals that will make cells move **towards** the signal. For example the cell will move towards nutrition or a happy environment and will be stimulated by love. These positively stimulated cells will become nourished and will grow and become healthy which will stimulate healing.

Negative Perception sends signals that will stimulate the cell to move **away** from a negative message. It will not be nourished and will cease to grow or heal when it perceives fear, unpleasant surroundings, a poison, negative thinking, stress and acceptance of a life threatening situation.

THE UNEXPECTED PROGNOSIS:

The impact of the delivery of an **unexpected prognosis** in too many cases can give a patient permission to give up and start preparing for the **worst possible outcome** without even trying to question why or trying to fight back. Upon receiving their prognosis, some patients simply turn their heads to the wall and die a premature death. This problem of a self-willed death is similar to the death produced by primitive people by witchcraft. The notion of voodoo death doesn't just apply to witch doctors in tribal cultures. The literature shows that patients believed to be terminal who are mistakenly informed that they have only a few months to live have died within their given time frame, even when autopsy findings reveal no physiological explanation for their early death.

Or on the other hand, it can start a journey of discovery and create a **determination to defy the odds** and fight back with mind, body and spirit and even vengeance to leave no stone unturned to conquer the problem. You can make the situation an exciting journey of discovery or an extremely difficult and stressful time for yourself and for all of those who are trying to help. Recovery depends on how well you fight and how successful you are able to filter out the negative perceptions and beliefs.

To recover from an unexpected prognosis should not entirely rely on a miracle from heaven. In most cases you are on your own and if you start to even think or worse still believe you have to accept what you have been dealt or what you have been told can't be cured then you are doomed and nothing can save you. You have joined the 85% of the population who have been brainwashed into believing that sickness is just another part of life as we age and there is nothing you can do about it. There are many statistical studies that indicate that only 15% of the population who will stop at nothing and fight and even argue with all of their might to anybody or anything who tries to stop them from getting well. They believe in positives and never accept the possibility of a negative outcome.

THE ADVANTAGES OF BEING SICK:

There is also a large percentage of people who may not admit it but they enjoy the secondary benefits of being sick. Now that they have been diagnosed they finally have many excuses to be treated differently, than before the bad news. It is too easy to develop enjoyment or the secondary benefits of being sick. Now that they are officially sick everything changes and they are now the centre of attention at last. They are not expected to do much work or look after themselves and everyone around them, now that they have become a patient, has to become focused on their welfare. Doctors, nurses, parents, careers, spouses, children and friends and loved ones have to make the decision to either abandon you or support you. The stats are much the same 15% will find an excuse to fade out of your life because is not their problem, and other 85% who believe or perceive that they have to support you, even though it will change their lifestyle for as long as you remain sick, be it days, weeks or years. Their personal inconvenience and disruption is difficult to cost or measure because they believe or perceive you need them more than they need you. They often hide their true beliefs and stress because they perceive or believe they have little choice and fear if they don't comply with the norm, they will upset you the patient.

POSITIVE AND NEGATIVE PERCEPTIONS:

Positive expectations or positive power sentiments regarding a treatment can often result in positive outcomes and this effect is well known as the **placebo-effect** (*Latin: "I will please"*).

The placebo-effect can often cause a more positive improvement or effect.

Negative expectation or negative power sentiments regarding a treatment of a phenomenon or protocol it is known as the **nocebo-effect** (*Latin: "I will hurt"*).

The nocebo-effect can often causes a more negative effect or damaging effect.

It boils down to what the individual believes will happen as time passes. Belief can be much stronger and more effective than just relying on a medication or treatment protocols.

SELF HEALING:

A "self-willed-death" or a "self-willed-terminal-disease" due to a belief from a "curse" or a "Voodoo death threat" or "pointing the bone" or even the "delivery of a life threatening prognosis" or even an "opinion-based" life threatening self-diagnosis, combined with a comment from a professional healer of the statistical probability of finite life expectancy (***six months to live***) is an extreme form of a cultural-specific-syndrome or psychogenic illness.

Believing such serious phenomena can often produce a false disorder which can result in “premature-death” or the accelerated development of an incurable illness. Even a “phantom-disease” with all the suggested side effects and symptoms to be expected and experienced by the victim. They create so much stress, depression and hopelessness that eventually the body will just shut down.

A train wreck usually results for all involved with any sick person be they genuine or self-inflicted believers. The massive cost of both time and money and the inconvenience and disruption of family and lifestyle is so often insurmountable. The longer it goes on the greater the cost escalates as specialist treatments, tests, drugs and often surgery become more frequent and sophisticated and expensive. Everyone becomes more desperate as time passes and the glimmer of hope for a cure keeps fading away.

The lack of willpower to find out what caused the problem and what changes have to be made to correct the cause and find a cure has been suppressed by simply resigning to except the worst that the hand of faith has dealt. This negative power sentiment effectively destroys the will or the want to get better.

THE BEST METHOD FOR FINDING A CURE:

Most often it depends on the attitude and the perception of the individual who is facing the problems.

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Gerald Hancock (2017)

DISCLAIMER

Always consult your health care professional for guidance for all medical conditions. Nothing “quoted” above by the “research scientists” and “scientific records” from ancient and recent publications should be considered as medical advice. It is information that is available in the public domain, and is for information and education purposes only.

We make no medical claims as to the benefits accruing from the use of The Nocebo-effect.

www.kalayaproducts.com.au

Ph.: (07) 3276 7347