



What If Your Health Future Isn't In Your Genes?



By: Lisa Zaccheo

Since our first physical exam as babies, we've gone to Doctors who have been trained to ask for our family history. Letting us know from day one, that if our parents or grandparents had a certain disease than we were likely to get it ourselves because it's in our DNA, or our genes. There's nothing we can do about it – in essence we're doomed. We grew up to believe that just as physical traits such as height, eye color, or body type are passed down so are life threatening diseases. I'm fortunate that I don't believe that to be true and would love it if you could leave your mind open just a crack to the possibility that your health future is not in your genes – it's in your mind. I know this is no simple request. It's very hard for us to even consider stepping away from beliefs that have been so deeply ingrained. I wouldn't ask you to consider it if I didn't feel that the risk was worth the reward. What would it mean to you personally if you could let go of your family history? If you could say, "That was them, I am me." "Their disease fate doesn't need to be mine." "I have the power to create health for myself."

I had read Dr. Bruce Lipton's book *The Biology of Belief* a few years ago and found it quite interesting, but it wasn't until I read his book *The Wisdom of Our Cells*, that the missing pieces of the puzzle locked into place. Dr. Lipton is a world-renowned biologist who has dedicated his life to moving us from the old science; we're the victims of our genes, to the new science; we're the creators of our health. Through

his years of intense study, backed up by in-lab experiments, he realized that it was what was going on outside the cell, rather than inside the cell, that dictated it's health. Each one of us is a community of 50 trillion living cells! The harmony of those cells is our health and conflict amongst those cells is our disease.

The old science stated that the nucleus of the cell and the DNA within was the brain of the cell and that it dictated the health or disease of that cell. Our entire medical model in fact, is still based on old science. We go to the Dr. and are told that in essence there's something wrong with our biochemistry or our genes, which can be modified through pharmaceutical drugs to bring about health. If this were true, why is Allopathic or traditional medicine the Number 1 leading cause of death in this country? If the scientific model that traditional medicine is based on were true would 750,000 people a year be dying from our modern day "cures"? I don't think so. As it turns out, the whole premise that our current medical model is built on is – dare I say it – wrong. I know how hard it is to admit when we're wrong. Imagine if you heard a tidbit of information and passed that tidbit on to everyone that you know. They in turn passed it on to everyone that they know and so on and so forth. It then turns out that not only is that tidbit of information wrong, but has caused a large number of those that heard and believed it to die – how hard would it be for you to step up and take responsibility for disseminating that information in the first place? Imagine how hard it must be for the collective medical community – especially because they're not the ones to blame, they're just passing on that tidbit of misinformation.

The nucleus of the cell, and the DNA within, is not the brain of the cell!!! We know this because we can remove the nucleus of the cell, DNA and all, and it will continue to survive. The nucleus is merely the reproductive system of the cell. The brain of the cell is the cell membrane. Or mem-brain. The cell membrane according to Lipton is the same as a computer chip. And much

like a computer, the operation of our cells are not determined by their program. The person or environment interacting with that program determines their operation. Lipton states, "The cell membrane perceives environmental signals and transforms them into biological signals." In plain terms – what we believe or perceive has a direct effect on our biology. Take a minute and experience this for yourself. Imagine that you have two pieces of fruit in front of you – one is a lemon and the other is your favorite fruit. Imagine cutting the lemon into quarters and taking a big bite? What happens to your body? Does your jaw get tight, do your lips pucker, and are you salivating more? There will be a biological response. In fact your biological response will directly correlate to the strength of your imagination. Notice how differently your body responds to your favorite fruit. Proof positive that our biology changes according to our perceptions.

So what does any of this have to do with hypnosis? It's very simple. To

create health we need to change our perceptions, not our genes, and hypnosis is in my biased opinion the fastest and most efficient way to do so. We have the absolute power to let go of all the old misperceptions that have caused our dis-ease – including the one that says we're doomed because of our genes – and choose new perceptions that will shift us into health on all levels.

Lisa Zaccheo, BCH, BCI and Rod Kelly, BCH are Board Certified by the National Guild of Hypnotists and have additional certifications in Complimentary Medical, Clinical, Child & Adolescent, Forensic and Regression hypnosis. For more information, or to schedule a lecture, workshop or appointment, call Mind Matters Hypnosis Center at (860) 693-6448 or visit MindMattersHypnosis.com.



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