If you’re suffering from physical symptoms, you’ve been diagnosed with a “chronic” or “incurable” illness or injury, or you’re just jonesing to learn how to prevent disease, you’ve come to the right place.

This manifesto about self-healing is for you if...

- You’re sick and tired of feeling sick and tired
- Your doctor has diagnosed you with a “chronic” or “incurable” illness, injury, or disability, but the prognosis you’ve been given just doesn’t feel true to you
- Your doctor has dosed you up with drugs, but you’re still not feeling vital, and you just know there’s a better way
- You know that nobody - not even your doctor - knows your body better than you do, and you’re ready to flex your empowered patient muscles
- You believe in the mind-body connection, and you’re willing to do whatever it takes to heal your mind in order to make your body ripe for miracles
- You’re open-minded and open-hearted, and you’re game for doing whatever it takes to finally feel vital
- No matter how serious your health condition may be, you know you’re not a victim and you view your illness, injury, or disability as an opportunity for growth and spiritual awakening
- You’re ready to show up - eyes wide open - and take responsibility for your health, not because you’ve done anything wrong or because you blame yourself, but because accepting responsibility for your health is the first step to getting well
- You know your body is a compass, whispering - or even yelling - when your life gets out of alignment with your truth, and you’re willing to finally let that compass point you to your True North
- You’re prepared to do whatever it takes to reclaim the vitality that is your birthright, even if it means making scary, even uncomfortable changes in your life
- You’re a conscious health care provider interested in incorporating mind-body medicine techniques into your practice
• You’re so ready to finally lick this illness, injury, or disability so you can:

- write that book
- get that degree
- launch that business
- have that art show
- meet the love of your life
- have mind-blowing sex
- go on a spiritual pilgrimage
- make your first million
- build the house of your dreams
- travel the world
- finally check things off your bucket list
  ______________ (this is your blank to fill in!)

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**My Story**

I’ll be sharing the 10 secrets shortly, but first, I’d like to share with you a little about what inspired me to write this manifesto. As it turns out, I’m not just a doctor. I’m also a patient…

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**The Palpitations**

I was a 24 year old otherwise healthy third year medical student on rounds in the ICU when I first felt my heart begin to pound, faster and faster. I felt a lump in my throat, my chest felt tight, I couldn’t breathe, and I could hear my blood rushing in my ears. I took my pulse. It was 230 beats per minute.

**The diagnosis:** Paroxysmal supraventricular tachycardia

**The treatment:** Lay off the caffeine and keep right on seeing patients in the hospital

Nobody ever suggested that my heart might be acting up because I was being sexually harassed by the surgeon who was supposed to be my teacher.
Pain With Sex

A year later, I was at a beachfront resort, wearing a sexy black negligee and preparing to have sex with my husband. Although I was smiling on the outside, I was cringing on the inside, because having sex felt like getting stabbed with a knife.

*The diagnosis:* Vulvar vestibulitis  
*The treatment:* Antihistamines, estrogen cream, antidepressants, and the option of surgery to cut out the inflamed part of my vagina

Nobody once asked me whether my vagina might be rebelling because I had married the wrong guy.

High blood pressure

When I was 27 years old, my doctor noticed that my blood pressure was alarmingly high. She referred me to a cardiologist, who ordered a whole battery of tests, which failed to reveal any explanation for my 180/100 blood pressure.

*The diagnosis:* Chronic hypertension  
*The treatment:* 3 drugs that still didn’t control my blood pressure

Nobody ever suggested that my blood pressure might be high because the doctors in charge of my education expected me to perform my job perfectly, without ever making an error. Plus, when I was first diagnosed with high blood pressure, I was in the middle of a divorce, and I had attended four funerals within a year.

Because I was young, thin, and had no family history of high blood pressure, the doctors worked me up for unusual causes of severe hypertension, like an adrenal gland tumor or renal artery stenosis. But all the tests came back negative. No doctor ever suggested that what was going on in my professional or personal life might be related to my blood pressure.
By the time I was 31, I was remarried, this time to a veterinarian, and every time he came home from work and kissed me, my whole face would break out into hives, I’d sneeze 100 times in a row, and my eyes would turn beet red. Needless to say, we quit kissing.

When he’d come from work, covered in animal hair, he’d have to strip out of his scrubs in the garage, throw his scrubs into the laundry, and jump straight into the shower before he could enter the house, much less touch me. Even still, I walked around with a tissue in my hand all day and could barely leave the house, much less go on vacation anywhere that oak trees were blooming.

I was a prisoner in my own filtered, carpet-free, hypo-allergenic home, and I was still symptomatic. It got so bad, I finally went to an allergist, who poked me full of allergens and finally announced, “Congratulations Dr. Rankin! You’re not allergic to Latex!” because I was allergic to everything else she tested me for - dust, mold, food, pollen, grass, animals, air.

**The diagnosis:** Chronic allergies  
**The treatment:** Allergy shots and three pharmaceuticals that failed to control my allergies

Nobody ever suggested that I might be allergic to my increasingly unhappy life.
Dysplasia
By the time I was 33, I had just left my abusive second husband when I wound up with precancerous cells on my cervix. Now I needed surgery. But after the surgery, my Pap smear was still abnormal.

The diagnosis: Cervical dysplasia
The treatment: More Pap smears, possibly more surgery

Nobody ever suggested that my immune system might be shutting down because I was a total basket case.

Abdominal pain
By the time I was 35, I was married for a third time and pregnant with my first child. At 24 weeks gestation, I developed severe pain on the right side of my abdomen. The pain got worse when I leaned forward, especially when I was sitting down and leaning forward, as I would do while performing Pap smears, doing vaginal surgery, or delivering babies. But I couldn’t exactly stop working.

The diagnosis: Nobody had a clue
The treatment: Deal with it and hope it gets better after the pregnancy is over

Nobody ever suggested that maybe my pain could be related to the fact that my father had just been diagnosed with a brain tumor and told that he had only 3 months to live. Plus, I was exhausted, and all my pregnant body wanted to do was sleep.
I was just starting to get the hint that maybe my body was pissed off at me for how I had been living my life; that perhaps my body was done whispering when I wasn’t listening, and it had now begun to scream.

*Then my Perfect Storm hit.*

In January 2006, I gave birth to my daughter via C-section, my 16 year old dog died, my healthy young brother wound up in full blown liver failure as a rare side effect of the antibiotic Zithromax he was taking for a sinus infection, and my beloved father died from metastatic cancer - all within two weeks.

Then, 8 months later, just when I was starting to breathe again, my husband cut two fingers off his left hand with a table saw.

They say that when your life falls apart, you either grow or you grow a tumor.

I decided in that instant I was done manifesting my emotional sickness physically, and instead of growing any more tumors, I was going to grow.

I had tried every biochemical treatment my doctors prescribed - drugs, surgeries, diet, exercise. Nothing worked. My health problems kept piling up. But after my Perfect Storm, I had a radical thought - one mind-body medicine pioneers have been teaching for decades but which had never been introduced to me during twelve years of medical education and ten years of clinical practice.

What if the root causes of my illnesses weren’t merely biochemical? What if the solution to all my health problems wasn’t more medication or more surgery or even more supplements or more vegetables or more exercise or less salt? What if I needed emotional/ psychological/ and spiritual treatment instead?
That’s when I decided to take my health into my own hands. A wise little voice inside of me - my inner doctor, which I came to call my “Inner Pilot Light” - started guiding me. I asked that little voice, “What does my body need in order to heal?”

The little voice said, “Stop selling yourself out. Stop trying to please everybody. Stop pressuring yourself to be perfect. Quit that soul-sucking job that is completely out of alignment with what called you to medicine in the first place. Move to the country. Reconnect with the Divine. Let your creative freak flag fly. Strip off those masks you’ve been wearing because you’re trying to fit in. And quit apologizing for who you really are.”

My first response was, “Say what, Inner Pilot Light?”

I couldn’t do that! I was a full partner in a busy practice. I had a newborn, for God’s sake. My husband was the stay-home Daddy. I was the sole breadwinner for our family. We had two mortgages, hundreds of thousands of dollars of medical school debt, and my husband’s graduate school debt. Plus, if I quit my job, it would cost me $120,000 to pay my malpractice tail in order to buy my freedom.

I couldn’t quit my job. That would be ludicrous.

But my Inner Pilot Light said, “Are you willing to have a heart attack in your forties? This is your medicine.”

And I knew, deep down, it was true. If I listened to my intuition, instead of saving my patients, I would be saving my own life.

So I sat my husband down and said “I’m dying in this job. I haven’t slept in fourteen years. I’ve lost touch with my calling. I’m selling out my integrity on a daily basis. I can’t remember why I ever went to medical school in the first place. I can’t be a healer when I’m expected to spend only 7 ½ minutes with a patient. When can I quit my job?”

And bless his heart, he said, “Whenever you want.”
The Leap
So I did it.

Trust me when I say that healing yourself is not for the faint of heart. Making these massive life changes took some serious ovaries. We sold our bay front home in San Diego, liquidated our retirement account in order to pay my malpractice tail, borrowed $50,000 to pay the bills for a while, and moved to a rental house in the country on the Monterey peninsula.

Once I got there, I sat on the floor of our empty house, thinking “What the hell did I just do?” I had a baby. I had no support system in Monterey. I had given up the stable income, the sense of mission, and the status being a doctor afforded. And I had no plan. Everyone I knew thought I had officially lost my mind.

The Prescription
Every day in Monterey, I got quiet and asked my body why it was really sick. My body told me I had spent way too long caring for the needs of other people while neglecting my own.

I also asked my Inner Pilot Light what my body needed in order to heal and every day I did exactly what my Inner Pilot Light prescribed.

After nine months of healing myself, my body was responding to the treatment my Inner Pilot Light prescribed, but at what price? We were running out of money, I still had no plan, and ever since I left my job, something deep and important was missing from my life. I realized that you can quit your job but you can’t quit your calling. I had been called to medicine at a very young age, the way some are called to the priesthood. Medicine is a spiritual practice. You practice medicine. You don’t give it or deliver it. You practice it, like you practice yoga or meditation, like you’ll never fully master it.

Medicine is about love. Doctors are here to be vessels for Divine love, to use our hands to touch the spirits that live in human bodies. I was first called to be a healer when I was 7 years old, and as my body grew stronger and my heart healed, my soul yearned to get back to my life’s work. I finally realized I had to go back, even though it took me two more years to find my way back to medicine in a way that wouldn’t make me sick.
Medicine On My Terms

I wound up working at an integrative medicine center in Marin County, California, where our patients were the most health-conscious people I’ve ever had the pleasure to treat. These people were the proverbial choir. They drank their green juice every day, they had personal trainers, they slept eight hours a night, they took 20 supplements, and they spent a fortune on their health care. They did everything “right,” but they were sicker than ever.

I was baffled. Nothing they taught me in medical school prepared me to take care of patients like these. I learned about functional medicine - and this allowed me to identify biochemical causes of disease some conventional doctors may have missed. Sometimes finding some previously undiagnosed hormonal imbalance and initiating biochemical treatment to correct these imbalances is like turning the lights on. A percentage of these patients think you walk on water.

But more often than not, my patients would complain of vague symptoms with no identifiable biochemical cause. Even if we could find a biochemical explanation, often, treating the biochemical imbalance failed to cure the illness.

So I started asking my patients:

“What does your body need in order to heal?”
At first, I thought they’d give me treatment intuition, things like I’ll try the 5-HTP instead of the Prozac - and sometimes that’s what they’d say. But more often than not, they answered me with:

I need to leave my husband.
I need to quit my job.
I need to move to Santa Fe.
I need to put my mother in a nursing home.
I need to finally go to art school.

When my patients listened to their intuition and had the guts to follow through on what they prescribed for themselves, seemingly incurable diseases sometimes disappeared.

I was baffled. These patients weren’t responding to medical treatment. They were healing themselves in ways I couldn’t explain. I started questioning how doctors use words like ‘chronic” and “incurable” or even “terminal,” wondering if we were enacting a sort of medical hex on these patients, since after all, who are we to say who will heal themselves?

The Spontaneous Remission Project

That’s when I discovered a database compiled by the Institute of the Noetic Sciences, which is called the Spontaneous Remission Project. This database compiled more than 3,500 case reports from the medical literature of patients with seemingly incurable diseases that got better - stage 4 cancers that disappeared, an HIV + patient that became HIV-, people with diabetes or high blood pressure or thyroid disease whose disease went away, even a patient with a gunshot wound to the head who refused treatment and got better. Call these miracles or call them inspiring examples of self-healing. I was riveted.

That’s when I got really curious about exactly what makes a person healthy, and what predisposes them to illness. I started digging deep into the medical literature to find out whether such spontaneous remissions were mere accidents or whether there were concrete steps we could take to make our bodies ripe for miracles. The shocking things I found in the scientific literature are all compiled in my book Mind Over Medicine: Scientific Proof That You Can Heal Yourself (BUY it on Amazon, Barnes & Noble, or IndieBound). But I’ll give you a few Cliff notes of what scientists have been proving for decades.
What you believe about your health comes true.

The medical establishment has been proving the body can heal itself for over 50 years. We call it the “placebo effect,” and we’ve been trying to outsmart it for decades. The placebo effect is a thorn in the side of modern medicine. It’s an inconvenient truth that gets in the way of proving that new treatments are more effective than letting nature take its course.

But the placebo effect is nothing to be avoided. It’s something to embrace, because it provides concrete evidence that the body is equipped with innate self-repair mechanisms that have the power to cure. We know that when patients enroll in clinical trials, 18-80% of patients get better when given a fake treatment - such as a sugar pill or sham surgery. Why? Scientists believe the placebo effect results from a potent combination, a positive belief and nurturing care, which causes real, measurable physiological change in the body. (If you’re curious about the physiological mechanisms of how this happens, I share the nitty gritty details in Mind Over Medicine.

While positive beliefs about your health can improve your body’s physiology, negative beliefs can harm the body in equal measure. Scientists call this the “nocebo effect,” and it’s just as powerful as the placebo effect. So when your doctor gives you a poor prognosis or deems your diagnosis “incurable” or “chronic,” the doctor may be inadvertently filling your mind with negative beliefs that harm the body. This form of medical hexing may influence your conscious and subconscious mind in ways that impede your body’s natural self-repair mechanisms and make it difficult for the body to heal itself.

So tend the garden of your mind carefully. What beliefs do you have about your health?
Health Secret #2

You can heal yourself, but you can’t do it alone.

To say that you can heal yourself is sort of a misnomer. The body knows how to heal itself. It is perfectly equipped to repair broken proteins, fight foreign bodies or infectious agents that penetrate the body’s barriers, and kill the cancer cells we all make every day. But the scientific evidence suggests that you need the care of a healer to facilitate the self-healing process - which should be good news, not just for patients, but for the medical establishment. We need not be threatened by the body’s ability to heal itself. The data suggests that, as doctors, patients NEED us. But they need us to be a healing force, not a force of fear or pessimism. We need doctors to offer positive belief and nurturing care, rather than threatening us with negative news, which merely enables the nocebo effect.

This healer who facilitates your self-healing journey need not be a doctor. It could be an alternative medicine provider, a nurse, a therapist, or a life coach. The key is to find someone who can nurture you, listen to you, love you, spend time with you without rushing you, avoid projecting their own limiting beliefs and fears onto you, and genuinely believe in your ability to care for your own body. (If you have no clue how to find a healer like this, I’m training health care providers at the Whole Health Medicine Institute.

Keep in mind that I’m not suggesting you should withhold Western medical treatment. By all means, if you’re in a car accident, get thee to a trauma center! If you break a bone, let your doctor set it. If you have a severe bacterial infection, accept the antibiotic. And if you have cancer, let them reduce your tumor burden so your body can naturally fight the rest of the cancer cells. Combining Western medical treatment with self-healing techniques can only make your chance for cure greater.

Never underestimate the body’s capacity to enable spontaneous remission when you choose to live in alignment with your truth.
Health Secret #3
You know your body better than any doctor does.

If you’re like many patients (including me back in my twenties), you may think your body is none of your business, that it’s like an automobile - sometimes it breaks down, you have no clue why, and it’s up to your mechanic to diagnose and treat it.

Now certainly, your doctor may know the bones of the wrist or the arteries of the heart better than you. Your doctor is more skilled with a scalpel and knows how to interpret lab results. But nobody - no matter how many fancy degrees they have - knows what’s best for you the way you do. Period.

It’s your doctor’s job to make treatment recommendations, to educate you about your options, to help you understand the risks and benefits of the treatment options, and then to get out of the way so you can make an informed, empowered decision about what is right for you and your body. Once you decide, your doctor may have skills you don’t have to help your body heal.

But the notion that we should go to our doctors, hand over our power, and leave all decisions in the hands of our doctors is paternalistic and outdated. When you’re willing to show up in partnership with your health care providers, listen to your intuition, speak up about what feels resonant with you, and request alternative treatment options if you disagree with your doctor’s orders, you make your body ripe for miracles.
Health Secret #4
You are not a victim of your genes.

As it turns out, while you can’t change your DNA, you can change how your DNA behaves. We used to think that our genes were our destiny, that diseases like heart disease, breast cancer, alcoholism, depression, high cholesterol - you name it - if it ran in your family, you were basically hosed. But the study of epigenetics is changing everything.

What is epigenetics? Epigenetics means “control above the genes.” So what’s “above the genes?” Bingo. You guessed it. The mind.

Scientists now believe that external signals - things like nutrition, the environment in which we live, even thoughts, beliefs, and feelings - can influence regulatory proteins that determine how and even whether DNA gets expressed in certain ways. In other words, it’s not as cut and dried as we once thought.

Before the Human Genome Project set out to map out the human genome, biologists guessed that we would have at least 120,000 genes, one gene for every protein made in the body. So researchers were baffled when they discovered that we only have approximately 25,000 genes and each of those 25,000 genes can express itself in at least 30,000 ways via regulatory proteins that are influenced by environmental signals. (Do the math!)

There’s more and more science coming out about how positive or negative thoughts, beliefs, and feelings can influence how our genes behave. How does this happen? The whole mechanism is laid out in my book Mind Over Medicine and you can read even more about it in Dr. Bruce Lipton’s The Biology Of Belief. But essentially, thoughts, beliefs, and feelings originating in the mind trigger either stress responses or relaxation responses that either harm or heal the physiology of the body via a cascade of hormones that bathe every cell in the body.

Sadly, most of us were not programmed to have positive thoughts about our health. Instead, from the time we are children, our minds get programmed with beliefs that sabotage our efforts to become optimally healthy and happy. Beliefs like “I’m the sickly type,” “Obesity runs in my family,” “People in my family die young,” and “Everyone in my family gets cancer” cause the mind to trigger physiological stress responses that may actually increase the risk that such negative beliefs will come true.

So tend the garden of your mind. It just might influence how your genes behave.
Health Secret #5

Intimate connections with friends, family, romantic partners, and other loved ones may improve your health more than exercising, eating a nutritious diet, or quitting smoking.

As human beings, our souls crave connection - and our bodies reflect whether or not we get it. In the town of Roseto, Pennsylvania in the 1950's, Italian immigrants who settled there were found to have half the risk of heart disease when compared to the rest of the country, even though they ate meatballs fried in lard, pasta, and pizza, drank wine, and smoked cigarettes. Why? They lived in multi-generational homes, gathered for community dinners, went to church together, and shared holidays. If someone got sick, needed help with the kids, or got down on their luck financially, the community took care of them.

After extensive investigation ruling out some protective genetic factor, dietary explanation, or other physiological explanation, researchers finally concluded that the people of Roseto didn’t get heart disease because they were never lonely. By the 1970's, the community had disbanded, people had moved to the suburbs, and the heart disease risk of the people of Roseto increased to the national average. Scientists who studied the community concluded that the Rosetans were positive proof of the power of the clan and its effect on health. They concluded that alleviating loneliness is better preventive medicine than quitting smoking or starting to exercise.

One study examining the people of Alameda County, California found that people with the most social ties were three times less likely to have died over a nine-year period than those who reported the fewest social ties. Those with more social connections were even found to have lower rates of cancer.

In fact, a Harvard study examining the lives of almost 3,000 people found that those who gather together to go out to dinner, play cards, go on day trips, vacation with friends, go to the movies, attend sporting events, go to church, and engage in other social activities outlive their reclusive peers by an average of two and a half years. Finding your tribe and developing intimate connections is not only fun. It can also save your life.
Health Secret #6
Finding your calling and engaging in work you love could lengthen your life.

You’ve heard people say, “My job is killing me.” But did you know it really can? In Japan, they call it karoshi, death by overwork. Survivors of karoshi victims can even qualify for workman’s comp-like benefits. But it’s not just the Japanese who suffer from overwork. Studies show people in the United States are even more at risk, although we don’t track numbers of those who die in the United States because there are no benefits from those who die from heart attacks and strokes believed to be linked to excessive work.

The average American only gets 14 days of vacation, and many don’t even use it! For the average American, this failure to use accrued vacation time has actually been associated with early death. One study, published in Psychosomatic Medicine in 2000, looked at 12,000 men over nine years and found that those who failed to take annual vacations had a 21% higher risk of death from all causes, and they were 32% more likely to die of a heart attack.

It’s not just how much you work that affects your health. It’s what kind of work you do. Data suggests that entrepreneurship is protective for your health. For example, Summit County in Colorado, where a disproportionate number of people run their own businesses, had a mortality rate, obesity rate, and diabetes rate that were each less than half of the national average. One study published in the Journal of Occupational and Organizational Psychology showed that, when compared to employees, entrepreneurs had fewer physical and mental health conditions, lower blood pressure, and fewer hospital visits.

Why? Most likely it’s because entrepreneurs are pursuing dreams, following callings, feeling more control over their lives, enjoying more flexibility, and doing work they love. All of these likely lead to fewer stress responses and more relaxation responses than those who trudge off to cubicles, work in soul-sucking jobs, and have a TGIF mentality about work.

So ask yourself - is your work helping or harming your health?
Health Secret #7

*Happiness is more than just a good mood. It’s preventive medicine.*

Depression and anxiety aren’t just toxic to your mind; they’re toxic to your body. The data is clear that unhappy people are much more likely to get physically sick. Depression and anxiety have both been linked to higher cancer risk, heart disease, pain disorders, and stroke.

Happiness even affects life expectancy. Happier people live up to ten years longer than unhappy people. In fact, in one study evaluating both happy and unhappy men, among the subgroup of men diagnosed with depression by age 50, more than 70% had died or were chronically ill by 63 years of age. Those who were considered extremely satisfied with their lives had 1/10th the rate of severe illness or early death compared to their unhappy counterparts. These findings held up after screening out other contributing factors such as alcohol, tobacco, obesity, and ancestral longevity.

When was the last time your doctor prescribed happiness as a preventive medicine or treatment for a health condition? What might you do to become more happy?

Health Secret #8

*An optimistic world view protects the body.*

Glass half full people aren’t just more fun to be around than pessimists. They also live longer. People with a positive outlook are 45% less likely to die from any cause than negative thinkers - and 77% less likely to die from heart disease.

A positive attitude also affects our ability to ward off infection. In one study, healthy volunteers were interviewed about attitudes and then exposed to common cold and influenza viruses. Optimists were more resilient than pessimists.

Are you a pessimist? Don’t worry! I share with you more data to convince you how integrally pessimism and disease are linked, as well as some of Martin Seligman’s tips for converting to optimism, in *Mind Over Medicine.*
Health Secret #9

To heal yourself, you must first diagnose the root cause of where your life may be out of alignment with your truth.

Our Western medical establishment trains us to believe that when we get sick, it’s always because of something biochemical. Depressed because your mother just died? A psychiatrist will tell you it’s because you don’t have enough serotonin in your brain and need Prozac. Suffering from chronic fatigue syndrome? Your doctor might convince you it’s solely because of reactivation of the EBV virus. Plagued with gastrointestinal disorders? You’ll likely be told your bowel has too much motility or you’re allergic to gluten or the lining of your gut has thinned.

But what if, at least a percentage of the time, these real physiological symptoms stem from root causes of illness that begin as thoughts, beliefs, and feelings in the mind and get converted into physiology in the body? What if the strep throat is indeed caused by a bacteria, but you became susceptible to the infection - while someone else exposed might not have - because of something in the mind that weakened your immune system? What if that cancer grew because something in your mind disabled the body’s natural self-repair mechanisms, which naturally fight cancer when they’re activated?

Sure, illness or injury may be sheer bad luck, in which case, going through this exercise may be a moot point. But I’d argue that 90% of chronic illnesses have, at their root, at least some element of mind-body diagnosis which, if not causative, at least exacerbates the physiological diagnosis.

It’s not always easy to face the truth about why you might have succumbed to illness. Facing the truth about your life takes guts and an open heart. But the results can be phenomenal. Curious what might lie at the root of your diagnosis? Mind Over Medicine walks you step-by-step through the process of diagnosing the root causes of your illness. So be brave! Face the truth.
Health Secret #10

Once you diagnose what’s out of whack, it’s time to write The Prescription for yourself.

In the Six Steps To Healing Yourself that I use with patients and teach in *Mind Over Medicine*, step 5 is about writing The Prescription for yourself. This is not just any old prescription. Most of this prescription won’t be filled by a pharmacy. But you can guarantee that it’s likely to have profound effects on your health and longevity beyond what most drugs will promise.

Once you face the truth about what is out of alignment in your life, you’ll come up with an action plan for how to heal negative thoughts, beliefs, and feelings, reduce damaging stress responses in the body, increase the number of healing relaxation responses, and activate the body’s natural self-repair mechanism so spontaneous remission is more likely.

Writing and implementing The Prescription doesn’t guarantee cure, but it does guarantee healing (and yes, the two are different!) When you’re brave enough to align with your truth, you flip on the body’s self-repair mechanisms, optimize the body’s chance for cure, and minimize the chance for recurrence of past illnesses or development of future ones.

And the side effect? You’ll gain more than just improved health. You’ll get more happiness, greater intimacy in your relationships, a deeper spiritual connection, enhanced creativity, a sense of meaning and purpose in your life and work, and the gift of inner peace.

If that’s not real medicine, I don’t know what is.
The 10 secrets in this manifesto are just the chips and salsa. I get into the Whole Enchilada in my book *Mind Over Medicine: Scientific Proof That You Can Heal Yourself* (Hay House, May 7, 2013).

And there’s more. As new data comes in, I’m blogging about the science of self-healing, passionate prescriptions for living and loving fearlessly, healing health care, and pretty much whatever else inspires me at LissaRankin.com. (You’ll get my blog posts in your inbox as a result of downloading this manifesto.)

You can also watch my TEDx talks - *The Shocking Truth About Your Health* and *Is There Scientific Proof You Can Heal Yourself?* And in August 2013, you’ll be able to watch the PBS special about my work and get a DVD simulating an office visit as my patient when you donate to public television.

If you’re an empowered patient or a conscious health care provider, join the revolution at HealHealthCareNow.com, a forum where you can tell your story, share your wisdom, find like-minded patients and health care providers, and make a real difference. And if you’re a doctor or other health care provider interested in becoming certified to incorporate these mind-body medicine techniques in your practice, you can sign up for the Whole Health Medicine Institute here.

We’re also in development of many other live and online resources intended to support both empowered patients and conscious health care providers. So stay tuned!

**Spread The Love**

If this manifesto was helpful to you and you think it might help someone else, please encourage your friends, family, and colleagues to download it here. You can also:

- Tweet it on Twitter

  *Tweet it on Twitter*

  Post this on Facebook – Just downloaded Lissa Rankin’s 10 Secrets to Healing Yourself and loved it. Get yours here: http://lissarankin.com

I’m passionate about healing health care, and raising consciousness is the first step to shifting how we deliver and receive health care.
Be The Change

A few years back, I had a dream, and in the dream, I saw magnificent mountains covered with millions of people, dressed in brilliant colors and tribal garb from all over the world. The people were standing shoulder to shoulder, covering the mountainsides like a great quilt, and all of them were facing due north, where a bright light was shining on their faces, illuminating them.

That’s what I see when I think of healing our broken health care system - all of us, standing shoulder to shoulder, facing north and being the light.

I know it seems hopeless to think that health care can reclaim its heart, but just like I believe there are no incurable illnesses, I also believe there are no incurable systems. It’s going to require a grass roots effort though, initiated by patients and health care providers just like you. So I’m asking for your help.

In the documentary film I Am, filmmaker Tom Shadyac shared that when animals decide to switch watering holes, it all starts with a shift of consciousness. They drink out of one watering hole until 51% of the animals decide to drink from a new watering hole, and then the rest of the animals all jump.

I think we’re getting close to that 51% when it comes to healing health care.

We must rise up, open our minds, open our hearts, and bring the care back to health care. It all starts with you. Be the love you want to see in health care, and miracles really can happen.

Love and blessings,
Lissa Rankin, MD