

International Conference on

Restorative & Alternative Medicine

October 24-25, 2016 Chicago, USA

The continuum of mind-body interplay from small daily wonders to great rare miracles

Roberta de Medeiros¹ and Marcelo Saad²¹Centro Universitario Sao Camilo, Brazil²Universidade de Santo Amaro, Brazil

Mind and body are components of the same entity with many relations of great importance to health and disease. The next medical frontier to be conquered certainly will be to answer these questions: What is exactly the mind? What are all its relations with the body? How can it be explored in clinical practice? Answers should bring resources to medicine that will have a potential to transform it, perhaps as much as did the advent of penicillin. In the present manuscript, the authors will collect elements that could serve to collaborate such advancement. The first challenge is to identify how diverse mind-body phenomena, apparently different, may share common grounds as different manifestations from a unique self-healing mechanism. The range of such spectrum goes from the underestimated placebo effect to the stigmatic unexplainable cure of a serious disease. In such continuum of common and uncommon phenomena regarding mind-body interactions, small daily wonders may be found in the placebo effect and spirituality in health; unusual special marvels may be found in altered states of consciousness; and great rare miracles may be found in trance states and unexplainable cures. Informal mind-body interventions have the potential to support the clinical treatment and they could be prescribed by every clinician. If the continuum of mind-body interactions could link a spectrum of phenomena ranging from placebo effect to unexplainable cures, the development of the self-healing concept could lead to a better clinical exploration of such natural hidden potential.

Biography

Roberta de Medeiros is a Biologist, completed her PhD in Physiology. She has experience in Neurophysiology and Human Physiology. She is currently studying neural plasticity and relationship of spirituality with health. She is a full Professor at Centro Universitário São Camilo, Brazil.

robertademedeiros@uol.com.br