

## Quantum Shifts in Health

Recent discoveries in quantum physics and medicine have shaken what we've always believed to be true about the way the body functions and heals. We no longer view the body as an isolated machine that needs fixing when it breaks down, but realize that there is a healing force within, an intelligence, "driving" the body.

Deepak Chopra, M.D., states in *Quantum Healing*, "Although medicine has spent several centuries trying to hold on to the idea that the body runs itself alone, like a self-motivated machine, there must be a driver here, too. Otherwise, our body's chemistry would be a jumble of floating molecules instead of the incredibly ordered and precise machinery that it so obviously is."

Much of so-called "healing" today is the suppression of symptoms with drugs, which rarely deals with the cause of the problem. Does taking antibiotics raise the resistance of the person who was so weak and rundown that the germs in the air found his/her body fertile soil?

Scientific evidence now supports what people have intuitively known all along: health comes from within. It's a huge shift in thinking and it's not going to happen overnight. We've been taught in our society that there's a pill for every ill. By exercising regularly, you're already taking proactive steps to improve your health. Keep up the good work so that your "healer within" can continue to do its job optimally.

Yours in health,

Dr. Rick

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