



# Naturopathic Foundations

## What is Really Controlling Cellular Communication?

By Iva Lloyd, BScH, RPP, RHN, ND

Much of the research and perspective of health has been measured by what the physical body is doing. There has been recognition that thoughts and language play a role, but the interpretation, all too often, starts and ends with the cellular processes. Historically, most of the research on health has followed certain 'sacred tenets':

- The human being is a survival machine largely powered by chemicals and genetic coding;
- The brain is a discrete organ and the home of consciousness, which is also largely driven by chemistry - the communication of cells and the coding of DNA.
- Man is essentially isolated from his world, and the mind is isolated from his body<sup>1,2</sup>;
- Time and space are finite, universal orders;
- Nothing travels faster than the speed of light.<sup>2</sup>

Through a lot of research and challenging of old beliefs all of the above tenets have been determined to be wrong, or at a minimum, incomplete. The tenets were initially questioned by researchers, chemists and physicists and as there were many unanswered questions. For example, the speed of communication could not be explained by the key and lock analogue that is used to explain communication across cellular membranes. There was no clear explanation of how the body was able to handle multiple tasks simultaneously or how language, thoughts and emotions elicited specific physiological changes. There was little knowledge of how memory was stored or retrieved. Many aspects of health and healing could not be explained.

The current understanding of human beings encompasses different tenets:

- The communication of the world does not occur in the visible realm of Newton [chemistry], but in the subatomic world of Werner Heisenberg [physics].
- Cells and DNA communicate through wave frequencies.
- The brain perceives and makes its own record of the world in pulsating waves.
- A substructure underpins the universe. This substructure is essentially a recording medium of everything, providing a means for everything to communicate with everything else.
- People are indivisible from their environment. Living consciousness is not an isolated entity. It increases order in the rest of the world. The consciousness of human beings has incredible powers, to heal ourselves, to heal the world – in a sense, to make it as we wish it to be.<sup>2</sup>



# Naturopathic Foundations

## Waves of Light Energy

In the 1940's, a neuroanatomist, Harold S. Burr from Yale University, carried out a number of studies that measured the electrical fields around living things. Burr discovered electrical fields around all sorts of organisms, from molds, to salamanders and frogs, to humans. In his research he also discovered that the electrical fields changed with stages of growth, seasons, sleep versus waking and between health and disease.<sup>3</sup> The research by Fritz-Albert Popp in the 1970's and 80's revealed that all living things – from the most basic of plants or animals, to human beings – emitted a permanent current of photons, from only a few to hundreds. The number of photons emitted seemed to be linked to an organism's position on the evolutionary scale: the more complex the organism, the fewer photons being emitted. Rudimentary animals and plants have a very high frequency of electromagnetic wave, within the visible light range, whereas humans emit much fewer photons. What he also discovered is the cells have the ability to take on the light that they are exposed to.<sup>4</sup>

Everything is energy. Everything, including every cell, emits a measurable field of energy. Cell-to-cell communication is driven by these fields of energy and the change in the electrical charges of the fields in response to internal or external stimuli. The fields of energy are measurable as waves of light energy. This light energy has an unlimited capability to store information. This capacity provides the ability of the body to remember how to look and act, to remember past events and to remember how to perform different tasks. It also provides a much more complete explanation of how the body is able to manage complicated tasks in different parts of the body instantaneously and how the body is able to do multiple tasks at once.

Thinking of health from the perspective of wave patterns makes sense. Every aspect of the body has a wave, has a specific pattern that denotes health and ill-health. I.e. hormonal, cytokine etc. rhythms, blood pressure, pulse diagnosis, breath, brain waves, everything has a wave pattern that is measurable and discernible. The state of health versus the state of disease depends on a number of things. The first being the accumulation of light energy that is absorbed and the second being the coherence or alignment of that energy within the body. The research done by Popp found that cancer patients had lost their natural periodic rhythms and their coherence.<sup>5</sup> The cell-to-cell communication was scrambled. They were no longer in sync with the world. In other words, their light was going out. When other diseases like MS were looked at, the pattern was different. In MS, they were taking in too much light which was impacting the body's ability to function properly. MS patients were drowning in their own light. In a stress state, it was found that the amount of light being emitted went up as a defense mechanism designed to return the body to a state of equilibrium.<sup>6</sup>

Perfect coherence is an optimum state just between chaos and order. To maintain health you need to take in the correct amount and type of energy (light) from various sources such as food, sunlight, thoughts, emotions, bodywork, etc., and be able to filter it and use it appropriately. You also need to have all systems in the body working coherently, in alignment and in sync. In other words, ill health occurs when internal cellular communication breaks down and when a person's waves are out of sync with each other and with their surroundings.<sup>5,6</sup>

**Naturopathic Foundations Health Clinic**

[www.naturopathicfoundations.ca](http://www.naturopathicfoundations.ca)



# Naturopathic Foundations

There is a wonderful quote (Author Unknown) “The best six doctors anywhere, and no one can deny it, are sunshine, water, rest and air, exercise and diet. These six will gladly you attend, if only you are willing, your mind they’ll ease, your will they’ll mend, and charge you not a shilling.

## **The Role of Water**

Water is the natural medium for all cells. A fetus is about 99% water. When we are born we are about 90% and as adults we are about 70% water.<sup>7</sup> In every cell, there is one molecule of protein for every ten thousand molecules of water. All molecular signals need water and it is the primary vehicle for the transmission of chemicals, hormones and nutrients throughout the body.

The work of Masaru Emoto on the hidden messages in water has emphasized the ability of the water to store information. Maybe more importantly, he proved that thoughts and words have the ability to change the crystallized formation of water. When the words or thoughts are positive, the crystal formations are complete, symmetrical and colourful; when they are negative the formations are incomplete, asymmetrical and dull.

Water has a tremendous capability to store memories and different wave patterns, vibrations, and frequencies. Water is the conductor and the amplifier for life. Jacques Benveniste exposed water to the recorded signals of acetylcholine, ovalbumin and water and then transmitted via a computer to another lab. Ordinary water was exposed to the recordings and then the water was introduced to isolated guinea pig hearts. The effects of the digitized water were identical to effects produced on the heart by the actual substances themselves.<sup>8</sup> This study showed that the chemical effects in the drugs was carried and transmitted by the water alone. This study may also provide a deeper understanding as to how homeopathy works.

## **The Role of the Consciousness and Language**

Consciousness itself is what is fundamental, and energy-matter is the product of consciousness. . . if we change our heads about who we are – and see ourselves as creative, eternal beings creating physical experience, joined at the level of existence we call consciousness – then we start to see and create this world that we live in quite differently.<sup>9</sup> Karl Pribram, a young neurosurgeon and researcher on memory and higher cognitive processes, proved that the brain reads information by transforming ordinary images into wave interference patterns and then transform them again into virtual images, just as a laser hologram is able to do.<sup>10</sup> This theory explains how quantum waves are able to store vast amounts of information in their totality and in three dimension, and the ability of the brain to read this information and from this to create the world. The brain primarily talks to itself and to the rest of the body, not with words or images, or even bits or chemical impulses, but in the language of wave interference: the language of phase, amplitude and frequency. i.e harmonic resonance or harmonic dissonance.



# Naturopathic Foundations

The ability of the mind to directly impact physical health is accepted by many, so is the concept of mind-body health. But what is the relationship? Does the mind mirror the body, does the body control the mind or does the mind control the body? Research has shown that the mind and language is able to modify, initiate and inhibit physiological processes in the body. For example:

- **Intention and Awareness.** Research shows that human intention affects all living things. Intention, on its own, is able to initiate healing and to influence outcomes.<sup>11,12</sup> One researcher showed that people were able to influence the growth rate of bacteria just by willing it so. The mind processes over 400,000 transmissions a second, but we are only aware of about 2,000 – what is going on with the rest?
- **Biofeedback.** The early pioneers in biofeedback and relaxation demonstrated that people could influence their own heart rate, blood pressure, muscle tension and other physiological functions just by what they said to themselves.<sup>13</sup> Self talk can be either affirming and relaxing or negative and self-punishing.
- **Neurolinguistic programming (NLP).** NLP demonstrates the importance of words on behaviour, how words can initiate healing and how they can prevent healing. Words are labels that help people track and categorize their experiences. By changing the words that we use, we are able to redefine old experiences, create new experiences and opportunities and change how we perceive and relate to the world.<sup>14,15</sup>
- **Beliefs and Expectations.** The brain is programmed to respond to specific frequencies. The foundation for this programming and for vocabulary and language is influenced by a person's beliefs. Expectations are a result of a person's beliefs and internal mind conversation and have been found to skew outcomes. Also, the nature of the communication of the physician to patient, and the subtle energy generated in the belief system entrained within the patient affects health outcomes.<sup>16,17</sup>
- **Affirmations and Goal Setting.** Our constant mental commentary influences how we perceive the world and the outcomes that we experience. Positive affirmations, goals and prayer improve health and outcomes.<sup>18,19,20</sup>
- **Meditation.** Meditation quiets the left brain and opens the right brain, the brain of perception and unconscious emotion. There is a marked decrease in brain's metabolic rate during periods of intensive concentration. Meditation has also been found to enhance both chemical and cellular immunity.<sup>21,22</sup>
- **Emotions.** Emotions are programmed specific wave patterns. Research indicates the emotions of love, empathy, and compassion make it possible for the mind to transcend the body, that anger and negative thoughts can harm someone at a distance, fear paralyzes the healing ability of the body.<sup>21,22,23,24</sup>



# Naturopathic Foundations

- **Stress.** The study of psychoneuroimmunology shows a direct relationship between psychological stressors and the onset or progression of chronic diseases as well as, the impact of stress on specific physiological functions. The study of psychoneuroimmunology explores the common chemical language for intra and inter-system communication and the conceptual development of the immune system as a sixth sense.<sup>25,26</sup>

How would we treat or manage health differently if we recognized that the state of a person's mind, consciousness, thought and language (both internal and verbal) dictates the state of their health and that the mind is able to override or influence the impact of any drug, supplement or treatment? How do things change when we realize that thought actually dictates reality and that we create our own reality? Understanding that human beings, and all of life, are energy provides a much broader foundation for understanding health and disease. It allows room for understanding the therapeutic value of energetic modalities, such as acupuncture, homeopathy, sound and colour therapy and energetic bodywork. It provides a measurable framework for Traditional Chinese Medicine and Ayurvedic Medicine, both that are based on the understanding that everything is energy.

Looking at health from a chemical perspective is just the tip of the iceberg. Looking at health from the perspective of quantum physics and energetic wave patterns provides a much greater opportunity for exploring health and disease. The chemical aspect of the human beings has a role to play, but the role of thoughts, language and consciousness are much more important.

## **About the Author.**

Iva Lloyd, ND is the founder of Naturopathic Foundations Health Clinic in Markham, Ontario. She is a Naturopathic Doctor (ND), Registered Holistic Nutritionist, Registered Polarity Practitioner (RPP) and Reiki Master and has done training in the Human Energy sciences of Educational Kinesiology (Brain Gym), NeuroLinguistic Programming and Runic Energy Archetypes. Currently Dr. Lloyd is teaching part-time at the Canadian College of Naturopathic Medicine and does business consulting, group facilitation and training in both Canada and the United States in the areas of business, communication skills and energetic assessments.



# Naturopathic Foundations

## References

1. Arnitz. W et al, What the Bleep Do we Know? Discovering the Endless Possibilities for Altering your Everyday Reality., Health Communications Inc. 2005.
2. McTaggart, L. The Field, The Quest for the Secret Force of the Universe. 2001. Harper Perennial.
3. Ibid.
4. Ibid.
5. Ibid.
6. Hunt, Valerie. Infinite Mind, Science of the Human Vibrations of Consciousness. Malibu Publishing Co. 1996
7. Emoto, M., The Hidden Message in Water. 2001. Atria Books.
8. McTaggart, L. The Field, The Quest for the Secret Force of the Universe. 2001. Harper Perennial.
9. Arnitz. W et al, What the Bleep Do we Know? Discovering the Endless Possibilities for Altering your Everyday Reality., Health Communications Inc. 2005.
10. McTaggart, L. The Field, The Quest for the Secret Force of the Universe. 2001. Harper Perennial.
11. Andreas, S., Andreas, C., Change Your Mind and Keep the Change. 1987. Real People Press.
12. McTaggart, L. The Field, The Quest for the Secret Force of the Universe. 2001. Harper Perennial.
13. Wieber, F and Sassenberg, K., I Can't Take My eyes Off Of It – Attention Attraction Effects of Implementation Intentions. Social Cognition, Vol. 24, No. 6. 2006, pp.723-752.
14. Hewett JE; et al. Selection of measures suitable for evaluating change in fibromyalgia clinical trials. The Journal of Rheumatology 1995 Dec; Vol.22 (12) pp.2307-12
15. Bandler, R. and Grinder, J., Frogs into Princes, Neuro Linguistic Programming. Real People Press, 1979.
16. Andreas, S and Andreas, C. Change Your Mind and Keep the Change, Advanced NLP Submodalities Interventions. Real People Press, 1987.
17. Anderson R., Psychoneuroimmunoendocrinology Review and Commentary. Townsend Letter, Dec 2006, pg.142-6.
18. Lipton, Bruce. The Biology of Belief, Unleashing the Power of Consciousness, Matter and Miracles. Mountain of Love, 2005
19. Dossey L., Healing Words: The Power of Prayer and The Practice of Medicine. Frontier Perspectives, Spring 1996, Vol.5 Issue 1, pg.34, 2p.
20. Gawain, S. Creative Visualizations Use the Power of Your Imagination to Create What You Want in Your Life. Bantam, 1997.
21. Arnitz. W et al, What the Bleep Do we Know? Discovering the Endless Possibilities for Altering your Everyday Reality., Health Communications Inc. 2005.
22. McTaggart, L. The Field, The Quest for the Secret Force of the Universe. 2001. Harper Perennial
23. Dossey L., Healing Words: The Power of Prayer and The Practice of Medicine. Frontier Perspectives, Spring 1996, Vol.5 Issue 1, pg.34, 2p.
24. Joormann J; et al. Remembering the good, forgetting the bad: intentional forgetting of emotional material in depression. Journal of Abnormal Psychology. 2005 Nov; Vol. 114 (4), pp. 640-8.
25. Schulz KH, Gold S., Psychological stress, immune function and disease development. The psychoneuroimmunologic perspective. PubMed 2006 Aug;49(8):759-72
26. Blalock JE, Smith EM., Conceptual development of the immune system as a sixth sense. Brain Behav Immun. 2007 Jan;21(1):23-33. Epub 2006 Nov 7.
27. Rucker, Rudy. Infinity and the Mind, the science and philosophy of the infinite. Princeton University Press 1995